

John chapter 6 – “I am the bread of life”

“Jesus said to them, ‘I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.’” (v35)

Who is Jesus? Jesus wants us to know who he is. He came from heaven to show himself. And by showing himself, he has shown us God. But what is he showing to us? In these verses, he said “I am the bread of life”. What does this mean?

1. Spiritual Bread

Jesus had just fed 5000 people. They followed him, because they had enjoyed the meal (v26). We can understand that. But Jesus told them it was not enough. We need to get the spiritual food that brings life (v27). We have bodies, but also souls. We are more than animals. Are you looking to satisfy the needs of your soul? Where, and how?

Jesus came down from heaven (v44, 46, 50). He came from outside the world, to save the world. He came from God, to show us the way back to God. We “eat” by believing (v35, 44, 47-8, 50). (So Jesus is not talking about the “Lord’s Supper”, or “Holy Communion”). This is very simple – we just receive him, by trusting him. It is only hard if we are self-righteous and want to go our own way.

2. Satisfying Bread

There is no true or final satisfaction in anything in this world. Everything gets spent, or spoilt, or lost or stolen. This world is passing away and nothing in it can satisfy our souls. We need something better and higher to satisfy us. That “something” is Jesus himself. If we know him, then we know the Father (v44-47). God made us, and he made us to know and enjoy him. We will never be hungry again in our souls, once we find him. We find him in Jesus! This satisfaction goes on forever, into eternal life (v51). If we believe in Jesus, then he comes and lives with us; we will feed daily upon him.

3. Saving Bread

We are dying. We can see our bodies are dying – we get older, slower, and lines appear on our faces! We are under a death sentence. The same is true for our souls: we need to be saved to avoid God’s eternal punishment for breaking his laws. We are all sinners; we are all children of Adam, who broke God’s first commandment, and we have broken many more since.

The good news is that the Father has chosen to bring some people to himself (v44). Jesus gave himself for our sins when he died on the cross (v51). If we trust in him, then we can say that his death took away the eternal death we deserve. His death gives us life! He then promises us that we will be “raised up” on the last day (v40). We will be raised to eternal life in glory. We will lack nothing ever again.

Jesus said, “I am the bread of life”. Taste and see – trust in him today!