

I Am the Bread
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John 6:26-40

If you want to draw a crowd just offer free food! The beginning of chapter six recounts how Jesus fed the five thousand (probably fifteen or twenty thousand with wives and kids.) Then Jesus and His disciples went across the Sea of Galilee to Capernaum. The disciples had a bad boat ride and Jesus walked on the water, but that's another miracle story. Back on the other shore the crowd was looking for Jesus.

John 6:24–40 (ESV) — 24 So when the crowd saw that Jesus was not there, nor his disciples, they themselves got into the boats and went to Capernaum, seeking Jesus. **25** When they found him on the other side of the sea, they said to him, “Rabbi, when did you come here?” **26** Jesus answered them, “Truly, truly, I say to you, you are seeking me, not because you saw signs, but because you ate your fill of the loaves.

- They were chasing Jesus because of the miracles He was performing.
- Today we see huge crowds seeking Jesus because they want wealth, health, and for every day to be “like Friday.” They don't hunger for God they hunger for stuff.
- This crowd wanted more free food and that provided a teachable moment.

27 Do not work for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you. For on him God the Father has set his seal.”

- They wanted free food but Jesus came to offer much more: eternal life.
- He stated plainly that He came with God the Father's seal of approval.
- *“Bread from God that gives you eternal life? There must be a catch!”*

28 Then they said to him, “What must we do, to be doing the works of God?”

- Wiersbe: *“The people picked up the word labor [work] and misinterpreted it to mean they had to work for salvation. They completely missed the word give. Steeped in legalistic religion, they thought they had to “do something” to merit eternal life.”*

29 Jesus answered them, “This is the work of God, that you believe in him whom he has sent.” **30** So they said to him, “Then what sign do you do, that we may see and believe you? What work do you perform? **31** Our fathers ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’ ”

- Suddenly they were back to free food. *“If you’re from God, why don’t you show us that by giving us another free buffet? THEN we’ll believe you!”*

32 Jesus then said to them, “Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven.

33 For the bread of God is he who comes down from heaven and gives life to the world.” **34** They said to him, “Sir, give us this bread always.” **35** 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.

- This was the first of seven “I am” statements made by Jesus and only recorded in John’s gospel. *“(For the other six, see John 8:12; 10:7–9, 11–14; 11:25–26; 14:6; 15:1, 5.) God revealed Himself to Moses by the name I AM (Jehovah) (Ex. 3:14). God is the self-existent One who “is, and ... was, and ... is to come” (Rev. 1:8). When Jesus used the name I AM, He was definitely claiming to be God.”ⁱⁱ*
- Jesus said, “[W]hoever comes to me shall not hunger, and...never thirst.”
- Do you know the old joke about Chinese food? Eat it and in two hours...
- Humanity walks around spiritually hungry and seeking to be filled.
- Blaise Pascal wrote, *“There is a God-shaped vacuum in the heart of each man which cannot be satisfied by any created thing but only by God the Creator, made known through Jesus Christ.”ⁱⁱⁱ*
- Jesus is the spiritual bread that “gives life to the world.” Without Him there will always be an empty, hollow hunger that can’t be satisfied.
- How can people receive and consume this Heavenly “Bread of Life?”
- Verse 29: *“Believe in Him whom God has sent.”*
- Step one, accept Jesus’ claim that He is God’s Son and therefore is God.
- Receiving the Bread of Life (Jesus) means more than that first step.
- The Life Application Bible Commentary gives a great description of believing and receiving Christ: *“Accepting Jesus means giving Him control of every area of life. To believe means to yield our wills, our desires, our plans, our strengths and weaknesses to Christ’s direction and safekeeping. It means moment-by-moment obedience. Believing is a relationship with the One who promises to live within, trusting Him to guide and direct us to do His will.”^{iv}*
- We consume physical food and water because we believe it will keep us alive today. We receive the “Bread of Life” so we can live forever.
- Here’s the exciting thing: When Jesus said forever (eternal) He meant it.

37 All that the Father gives me will come to me, and whoever comes to me I will never cast out. **38** For I have come down from heaven, not to do my own will but the will of him who sent me. **39** And this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up on the last day. **40** For this is the will of my Father, that everyone who looks on the Son and believes in him should have eternal life, and I will raise him up on the last day.”

- We call that “eternal security,” “once saved always saved,” or the “perseverance of the saints.” We could do a whole lesson on that.
- Jesus also said in **John 5:24 (ESV) — 24** *Truly, truly, I say to you, whoever hears my word and believes him who sent me has eternal life. He does not come into judgment, but has passed from death to life.*
- Here is my simple but sincere summary: I don’t have the power to save myself, only Christ has that power. If I can’t save myself, I also can’t unsave [my word] myself by sinning. If I’m truly saved, I’m forever saved.
- What about someone who appeared to be saved but walked away from the faith? **1 John 2:19 (ESV)** tells us: *They went out from us, but they were not of us; for if they had been of us, they would have continued with us. But they went out, that it might become plain that they all are not of us.*
- Only God knows who is truly saved but salvation provides evidence (fruit).
- Is the doctrine of eternal security a license to sin?
- **1 John 2:3–4 (ESV) — 3** *And by this we know that we have come to know him, if we keep his commandments. 4* *Whoever says “I know him” but does not keep his commandments is a liar, and the truth is not in him,*
- **John 10:27–30 (ESV) — 27** *My sheep hear my voice, and I know them, and they follow me. 28* *I give them eternal life, and they will never perish, and no one will snatch them out of my hand. 29* *My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father’s hand. 30* *I and the Father are one.”*
- How can I be sure I’m eternally secure in Christ? If I am truly saved I will have a hunger for the Bread of Life – a relationship with Jesus.
- Jesus said in **Matthew 5:6 (ESV) — 6** *“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.*
- Unfortunately, many of those seeking free food from Jesus didn’t accept Him as the Bread of Life.
- **36** *But I said to you that you have seen me and yet do not believe.*

So, What’s the Takeaway?

- If you want to draw a crowd, offer free food. To build the Kingdom of God, Jesus offered Himself as the Bread of Life that satisfies forever.
- Do you remember the Lance Crackers slogan? *“Don’t Go ‘Round Hungry!”*
- Thanks to Jesus we don’t have to “go ‘round” with spiritual hunger pangs.
- How can I know if I’m living on Heavenly bread? Ask these questions: Have I given Jesus *“control of every area of my life?”* Have I *“yielded my wills, desires, plans, strengths and weaknesses to His direction and safekeeping?”* Am I living in *“moment-by-moment obedience”* to Him?
- He doesn’t expect sinless perfection, just humble obedience.
- Kyle Idelman asked it this way, *“Am I a fan or a follower of Jesus? ... Jesus was never interested in enthusiastic admirers; he wanted completely committed followers. He wants more from us than a hand raised or a prayer repeated at the end the service. He is looking for more than a prayer before a meal and a Jesus fish on the back of the car. He wants*

more than fans; he wants followers who take up a cross and die to themselves.”^v

- Every baby is born hungry and “wired” to seek physical nourishment.
- Every soul is born spiritually hungry. *“Jesus said, ...“I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.”*
- Because of God’s Son we don’t have to “go ‘round” spiritually hungry.

ⁱ Wiersbe, W. W. (1996). [*The Bible exposition commentary*](#) (Vol. 1, p. 311). Wheaton, IL: Victor Books.

ⁱⁱ Wiersbe, W. W. (1996). [*The Bible exposition commentary*](#) (Vol. 1, p. 312). Wheaton, IL: Victor Books.

ⁱⁱⁱ <https://www.goodreads.com/quotes/801132-there-is-a-god-shaped-vacuum-in-the-heart-of-each>

^{iv} Life Application Bible Commentary – John – Tyndale 1993

^v <https://www.sermoncentral.com/pastors-preaching-articles/kyle-idleman-i-m-not-a-fan-of-jesus-755>