

I Am The Bread Of Life

Intro: After feeding the multitude consisting of 5,000 men (possibly 20,000 total) with 5 loaves and 2 small fishes, Jesus departs from them and goes to the other side of the sea to Capernaum. The next day the multitude travels across the sea and finds Jesus. Jesus recognizes the only reason they sought for Him was because they were fed: John 6:26 “²⁶Jesus answered them and said, Verily, verily, I say unto you, Ye seek me, not because ye saw the miracles, but because ye did eat of the loaves, and were filled.” Upon this rebuke, Jesus begins a lesson on the true bread of life as opposed to the manna Moses had given them. In the midst of this lesson, Jesus refers to Himself as the bread of life: John 6:35 “³⁵And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.” He repeats the statement in John 6:48 “⁴⁸I am that bread of life.” Let us consider some of the lessons we can learn from this statement.

I. NOT (WHAT IT DOES NOT MEAN)

A. It does not apply to the Lord’s Supper

1. Many attempt to pull it out of its context and make it apply to the communion service.
2. This is much like what many do with the song: “Break Thou the Bread of Life.”

B. Cannibalism

II. DEITY

A. “I Am”

1. This is a statement of eternity.
2. Exo. 3:13-14 “¹³And Moses said unto God, Behold, when I come unto the children of Israel, and shall say unto them, The God of your fathers hath sent me unto you; and they shall say to me, What is his name? what shall I say unto them? ¹⁴And God said unto Moses, I AM THAT I AM: and he said, Thus shalt thou say unto the children of Israel, I AM hath sent me unto you.”
3. It associates itself with Jehovah which itself expresses the idea of an ongoing being or existing; the one who always is.
4. The Jews recognized this and thus tried to stone Him; John 8:58-59 “⁵⁸Jesus said unto them, Verily, verily, I say unto you, Before Abraham was, I am. ⁵⁹Then took they up stones to cast at him: but Jesus hid himself, and went out of the temple, going through the midst of them, and so passed by.”

B. Jesus is God.

1. John 1:1 “¹In the beginning was the Word, and the Word was with God, and the Word was God.”
2. Heb. 1:8 “⁸But unto the Son *he saith*, Thy throne, O God, *is* for ever and ever: a sceptre of righteousness *is* the sceptre of thy kingdom.”
3. Mat. 1:23 “²³Behold, a virgin shall be with child, and shall bring forth a son, and they shall call his name Emmanuel, which being interpreted is, God with us.”

III. NOURISHMENT

A. One is what they eat—both physically and spiritually.

B. “Bread of Life”

1. Bread implies food; there is something of which we partake.

2. Implied is also a hunger.
 - a. Jesus makes a contrast between the physical and spiritual.
 - b. The physical.
 - (1) Moses gave the Israelites manna to keep them alive physically.
 - (2) John 6:26-27 ²⁶Jesus answered them and said, Verily, verily, I say unto you, Ye seek me, not because ye saw the miracles, but because ye did eat of the loaves, and were filled. ²⁷Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for him hath God the Father sealed.”
 - c. The spiritual
 - (1) It is that which endures to everlasting life.
 - (2) Mat. 5:6 ⁶“Blessed *are* they which do hunger and thirst after righteousness: for they shall be filled.”
 - (3) 1 Pet. 2:2 ²“As newborn babes, desire the sincere milk of the word, that ye may grow thereby:”
3. Also implied is the proper nourishment.
 - a. So many today eat junk food; many eat junk food spiritually.
 - (1) The philosophies of man.
 - (2) False doctrines.
 - (3) Moralistic stories.
 - (4) How to win friends and influence people; etc.
 - b. Eat the words of Christ.
 - (1) John 6:63 ⁶³“It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, *they* are spirit, and *they* are life.”
 - (2) They would be the words authorized by Jesus.
 - (a) Mat. 28:19-20 ¹⁹“Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: ²⁰Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you alway, *even* unto the end of the world. Amen.”
 - (b) John 12:48-50 ⁴⁸“He that rejecteth me, and receiveth not my words, hath one that judgeth him: the word that I have spoken, the same shall judge him in the last day. ⁴⁹For I have not spoken of myself; but the Father which sent me, he gave me a commandment, what I should say, and what I should speak. ⁵⁰And I know that his commandment is life everlasting: whatsoever I speak therefore, even as the Father said unto me, so I speak.”
 - (c) It is the word that Jesus gave to the apostles by the agency of the Holy Spirit.
 - (i) John 14:26 ²⁶“But the Comforter, *which is* the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.”
 - (ii) John 16:12-14 ¹²“I have yet many things to say unto you, but ye cannot bear them now. ¹³Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, *that* shall he speak: and he will shew you things to come. ¹⁴He shall glorify me: for he shall receive of mine, and shall shew *it* unto you.”
 - (3) 2 Pet. 3:18 ¹⁸“But grow in grace, and *in* the knowledge of our Lord and Saviour Jesus Christ. To him *be* glory both now and for ever. Amen.”

C. Jesus is the source of life.

1. He gives life.
 - a. John 1:4, 9 “⁴In him was life; and the life was the light of men. ⁵And the light shineth in darkness; and the darkness comprehended it not. ⁶There was a man sent from God, whose name *was* John. ⁷The same came for a witness, to bear witness of the Light, that all *men* through him might believe. ⁸He was not that Light, but *was sent* to bear witness of that Light. ⁹*That* was the true Light, which lighteth every man that cometh into the world.”
 - b. John 8:12 “¹²Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life.”
2. He sustains life.
 - a. John 12:46 “⁴⁶I am come a light into the world, that whosoever believeth on me should not abide in darkness.”
 - b. Rev. 21:23-24 “²³And the city had no need of the sun, neither of the moon, to shine in it: for the glory of God did lighten it, and the Lamb *is* the light thereof. ²⁴And the nations of them which are saved shall walk in the light of it: and the kings of the earth do bring their glory and honour into it.”
 - c. Col. 1:17 “¹⁷And he is before all things, and by him all things consist [held together].”
 - (1) Robertson in *Word Pictures in the New Testament*, “Christ is the controlling and unifying force in nature.”
 - (2) Vincent in *Word Studies in the New Testament*, “Christ not only creates, but *maintains* in continuous stability and productiveness.... Nothing is left empty of His presence, but to all things and through all, severally and collectively, He is the giver and sustainer of life.”
3. Unless we eat and drink of Him, we have no life in us.

IV. SATISFACTION**A. It satisfied the soul—the spiritual part of man.**

1. John 20:30-31 “³⁰And many other signs truly did Jesus in the presence of his disciples, which are not written in this book: ³¹But these are written, that ye might believe that Jesus is the Christ, the Son of God; and that believing ye might have life through his name.”
2. 2 Pet. 1:3-4 “³According as his divine power hath given unto us all things that *pertain* unto life and godliness, through the knowledge of him that hath called us to glory and virtue: ⁴Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.”
3. 2 Tim. 3:16-17 “¹⁶All scripture *is* given by inspiration of God, and *is* profitable for doctrine, for reproof, for correction, for instruction in righteousness: ¹⁷That the man of God may be perfect, throughly furnished unto all good works.”
4. This bread of life leads to eternal life.
 - a. John 6:40 “⁴⁰And this is the will of him that sent me, that every one which seeth the Son, and believeth on him, may have everlasting life: and I will raise him up at the last day.”
 - b. 2 Pet. 1:10-11 “¹⁰Wherefore the rather, brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall: ¹¹For so an entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ.”
5. Christ’s words satisfies the soul.

B. Just as the Israelites were not satisfied with the manna God gave them, many today are not satisfied with the bread of life.

1. Israel of old:
 - a. Num. 11:6 “⁶But now our soul *is* dried away: *there is* nothing at all, beside this manna, *before* our eyes.”
 - b. Num. 11:18 “¹⁸And say thou unto the people, Sanctify yourselves against to morrow, and ye shall eat flesh: for ye have wept in the ears of the LORD, saying, Who shall give us flesh to eat? for *it was* well with us in Egypt: therefore the LORD will give you flesh, and ye shall eat.”
 - c. So God gave them quail to eat; Num. 11:31 “³¹And there went forth a wind from the LORD, and brought quails from the sea, and let *them* fall by the camp, as it were a day’s journey on this side, and as it were a day’s journey on the other side, round about the camp, and as it were two cubits *high* upon the face of the earth.”
2. People today reject God’s Word.
 - a. Not satisfied with God’s terms of entrance into the church.
 - b. Not satisfied with the worship God authorized.
 - c. Not satisfied with the organization God established for the church.
 - d. Not satisfied with the morality God demands.
 - e. Not satisfied with spiritual matters so turn to physical matters.

V. REPULSION (JESUS DRIVING PEOPLE AWAY)

A. Jesus seemingly drove others away.

1. Notice some of the statements He made to them (John 6:26-66).
 - a. “That ye also have seen me, and believe not”
 - b. “Jews then murmured at him, because he said, I am the bread which came down from heaven”
 - c. “I am the living bread which came down from heaven”
 - d. “the bread that I will give is my flesh”
 - e. “Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you”
 - f. “Whoso eateth my flesh, and drinketh my blood, hath eternal life”
 - g. “my flesh is meat indeed, and my blood is drink indeed”
 - h. “He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him”
 - i. He recognized the effect: “Doth this offend you?”
 - (1) Many left; John 6:66 “⁶⁶From that *time* many of his disciples went back, and walked no more with him.”
 - (2) He asks His apostles; John 6:67 “⁶⁷Then said Jesus unto the twelve, Will ye also go away?”
2. Mat. 8:19-22 “¹⁹And a certain scribe came, and said unto him, Master, I will follow thee whithersoever thou goest. ²⁰And Jesus saith unto him, The foxes have holes, and the birds of the air *have* nests; but the Son of man hath not where to lay *his* head. ²¹And another of his disciples said unto him, Lord, suffer me first to go and bury my father. ²²But Jesus said unto him, Follow me; and let the dead bury their dead.”
3. Mark 7:26-29 “²⁶The woman was a Greek, a Syrophenician by nation; and she besought him that he would cast forth the devil out of her daughter. ²⁷But Jesus said unto her, Let the children first be filled: for it is not meet to take the children’s bread, and to cast *it* unto the dogs. ²⁸And she answered and said

unto him, Yes, Lord: yet the dogs under the table eat of the children's crumbs. ²⁹ And he said unto her, For this saying go thy way; the devil is gone out of thy daughter."

4. Those who are lukewarm are sickening to Him; Rev. 3:15-16 ¹⁵ "I know thy works, that thou art neither cold nor hot: I would thou wert cold or hot. ¹⁶ So then because thou art lukewarm, and neither cold nor hot, I will spue thee out of my mouth."

B. Jesus desires those who are totally dedicated to Him.

1. Mat. 12:30 ³⁰ "He that is not with me is against me; and he that gathereth not with me scattereth abroad."
2. Man cannot be double-minded and please God.
 - a. Mat. 6:24 ²⁴ "No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon."
 - b. Jam. 1:8 ⁸ "A double minded man *is* unstable in all his ways."
3. He expects us to be zealous for Him.
 - a. Tit. 2:14 ¹⁴ "Who gave himself for us, that he might redeem us from all iniquity, and purify unto himself a peculiar people, zealous of good works."
 - b. Rev. 3:19 ¹⁹ "As many as I love, I rebuke and chasten: be zealous therefore, and repent."
4. Thus, our need to count the cost: Luke 14:27-33 ²⁷ "And whosoever doth not bear his cross, and come after me, cannot be my disciple. ²⁸ For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have *sufficient* to finish *it*? ²⁹ Lest haply, after he hath laid the foundation, and is not able to finish *it*, all that behold *it* begin to mock him, ³⁰ Saying, This man began to build, and was not able to finish. ³¹ Or what king, going to make war against another king, sitteth not down first, and consulteth whether he be able with ten thousand to meet him that cometh against him with twenty thousand? ³² Or else, while the other is yet a great way off, he sendeth an ambassage, and desireth conditions of peace. ³³ So likewise, whosoever he be of you that forsaketh not all that he hath, he cannot be my disciple."

Conclusion: Jesus is the only bread of life (notice the definite article, "the"). He is the only one who can give life. He only gives life to those who eat of Him and truly hunger and thirst after Him.