

## I Am the Bread of Life

**John 6:35**, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."

#### How does he benefit us?

What does bread do for us?	
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**John 6:14,** "After the people saw the sign Jesus performed, they began to say, 'Surely this is the Prophet who is to come into the world.'"

**John 6:30-32**, "They asked him, 'What sign then will you give that we may see it and believe you? What will you do? <sup>31</sup>Our ancestors ate the manna in the wilderness; as it is written: "He gave them bread from heaven to eat." <sup>32</sup>Jesus said to them, 'Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven."

# What has he done to bring those benefits to us?

He came down from heaven.

**Verse 33**: "For the bread of God is the bread that comes down from heaven and gives life to the world."

Verse 38: "I have come down from heaven."

Verse 50: "Here is the bread that comes down from heaven."

Verse 51: "I am the living bread that came down from heaven."

He gave himself.

Verse 51: "This bread is my flesh, which I will give for the life of the world."

### What must we do to receive those benefits?

Verse 29, "Believe in the one God has sent."

Verse 35: "Come to me."

**Verse 51**: "I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh."

**Verse 53**: "Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you."

Verse 58: "Whoever feeds on this bread will live forever."

### Matthew 26:26,

"Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, 'Take and eat; this is my body.'"