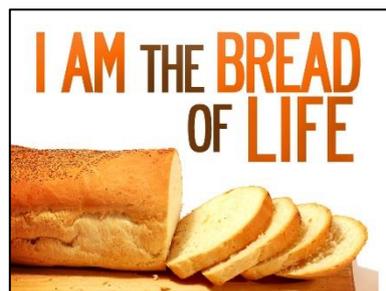

Growth Group Notes: I am the bread of life

Warm Up

What are your favourite foods and favourite places to eat?

How long do they satisfy you for?

What do we “hunger” for in life? Do we have desires that never seem satisfied?



Introduction

John 6:1-14 tells us that Jesus had just fed a huge crowd of at least 5000 people, by multiplying a few small loaves of bread and couple of dried fish, but by the next morning they are hungry again. Jesus points them deeper to find real satisfaction.

Read John 6:25-51

What do the crowd think of Jesus? How can we see that in the text?

Jesus contrasts physical hunger and spiritual hunger; how is each satisfied? v26-27

When the crowd ask how to please God, Jesus says “believe in the one he sent” v29, but they demand a sign to prove he is “the one”, v30. How is their response similar to the response of our culture to Jesus?

How do you understand Jesus’ claim “I am the Bread of Life.” v35? (look also at v27 & v33)

Do you think the crowd understands?

Jesus refers here to the feeding of the Israelites with manna in the wilderness. If you need to remind yourself of this event, you’ll find it in Exodus 16 – do have a look.

Getting personal...

How would you describe your current spiritual diet?

Healthy and nourishing? Junk food? Starvation diet? Same old reheated food?

Nourishing but dull?

How does this impact your life as a whole?

What does Jesus promise to those who come to him in faith for spiritual nourishment? v37-40

How does the crowd's understanding of Jesus' identity impact their response to him, v41-42?

What are all the claims Jesus makes in the passage? v27, 32, 33, 35, 37, 38, 39, 40, 44, 46, 51

What is the conclusion that the crowd should make as to Jesus' identity?

Which ones personally impact you the most right now?

To reflect

We all have to spend time, energy and money meeting our physical needs. How is this reflected in our efforts to meet our spiritual needs. Discuss together how we might better organise our lives to meet our spiritual needs.

Can you take one step this week to bring greater balance between our search for physical bread and our pursuit of Christ, our spiritual bread.

As you pray together make sure you take time to thank Jesus for all he provides as well as crying out to him for the needs of others.

Fun idea: Why not try a variety of different types of bread at your meeting?