

Jesus said 'I AM the bread of life'

Study Guide

Ice breaker: I am sure most of us enjoy food. What is your favourite meal?

John begins Ch 6 with the feeding of the 5000 - *Read John 6 vs 8-10*

1. What lessons can we learn from the boy who gave his 5 small barley loaves and 2 fish to Jesus and the disciples?
2. We are told in v 11 that Jesus took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He then did the same with the fish. We are then told in vs 12, that they had **all** had **enough** to eat.
 - What does this say about Jesus?
 - What is a helpful attitude when you are given enough?
 - Is there anything you have found helpful when it comes to being generous and sharing what you have?

Take encouragement from Jesus words when he said to the disciples:

'Gather the pieces that are left over. Let **nothing be wasted.'** ¹³ **So they gathered them and filled twelve baskets with the pieces of the five barley loaves left over by those who had eaten'** *John 6 vs 12b-13*

3. What can this mean for your life and the lives of others?

Andrea Skevington in her book, 'Jesus said, I am: Finding life in every day', commented that the best way to understand theology, ie God, is practise. In other words, understanding and knowing the Trinity and acquiring guidance is best found in practising and putting into action what they say and do.

4. Share those situations when you have learnt to understand something better as you have put something into practise - ie done something - rather than simply talking or reading about it.

Jesus wanted those listening to go deeper than thinking only about physical hunger and instead wanted them to think and experience spiritual nourishment that satisfies our being for ever.

5. What is Jesus encouraging us to do and focus our energy on in *John 6 vs 25-29*?

6. What is the peoples focus in their engagement with Jesus in this passage and what do you think many people are looking for today to believe in Jesus? Read verse 30
7. Who is Jesus claiming to be in verse 32-35. Read the background found in Exodus 3 vs 13-15
8. How did some respond to this claim? vs 66
9. What does Jesus promise to those who come to him in faith for spiritual nourishment? Read vs 37- 40.
10. How are we encouraged to remember the death and resurrection of Jesus, that directly impacts our lives today to those who respond to him? Vs 47-51
11. Finish with giving thanks to Jesus for what he has done and is doing, who he is and what that means for us today.

Thought to take home:

How can you incorporate or deepen your life with a regular rhythm of praising and thanking God for what he is doing in your life and situation?