

THE BEST BREAD Notes on John 6:22-40

Being sure we ask enough from God.

Is bread for the body enough for a child of God?

- **Only another lunch?** Jesus fed 20,000 people with a little boy's lunch of 5 barley loaves and 2 fish. Jesus got in a boat and went across the Sea of Galilee to Capernaum. A lot of those people got into boats and followed him. Jesus tells them they are following him because they want to have their physical needs met until life ends for them. They agree. The Lord challenges them to look at a bigger picture for their life—eternal life—life beyond this life. He can give it to them. He is like bread for the soul. "The true Bread that comes down from heaven—the Bread of Life." He tells them that Father God's will is that they would believe in him enough to turn around and follow Him into eternal life. Jesus says to the crowd—Some of you are going to turn around and follow me---the Father always knew you would. Others of you reject me but I want you to know that I will never reject you.

- **Bread for the soul.** *"You shouldn't be so concerned about perishable things like food. Spend your energy seeking the eternal life that I, the Son of Man, can give you. For God the Father has sent me for that very purpose..... I am the BREAD OF LIFE. No one who comes to me will ever be hungry again. Those who believe in me will never thirst.*

- **BELIEVE** means having a natural, easy, friendly relationship with the Lord. Some of them asked how they could access eternal life. Jesus said it involved believing in Him.

"They replied, "What does God want us to do?" Jesus told them, "This is what God wants you to do: believe in the one he has sent." • 6:28-30

- **Turn around.** Before we believe, we turn around and follow Jesus. This turning around involves a turning away from things that block a relationship with him. Usually there is a single thing, in particular, we cling to that makes us unholy. Why not just move away from it to make the Lord happy. Don't do it for ourselves. Move toward His grace. We find that when we do this, the things once so important fall away from our life - not missed.

- **Jesus, the Great "I AM."** Psalm 125:1-2 *"Those who trust in the Lord are as secure as Mount Zion. They will not be defeated but will endure forever. Just as the mountains surround and protect Jerusalem, so the Lord surrounds and protects his people, both now and forever more."*