

Transition:

Jesus had just miraculously fed thousands and taught that He is the true Bread from heaven. But in verses 47–58, He makes a bold claim, one that offends the Jewish crowd and causes many to desert him. His controversial message was one intended to provoke outrage, but for all the right reasons.

Tell the story:

Tell the story (with passion!) the best as you can, don't stop and teach, try not to make points, just tell the story. Perhaps leave some parts out or make a mistake, just to see if your group catches it!

Rebuild the story:

Chronologically rebuild the story by asking questions. Have the group look for what was added or left out by looking in their Bibles and going back over the story. Then have someone else tell the story the best they can – just like you modeled the first time.

Discussion Questions:

1. Read Exodus 16:1-30. Why does Jesus reference this story?
2. What does Jesus mean when He calls Himself the “Bread of Life”?
3. What “manna” are you relying on when you are not filling yourself with Jesus?

Fundamental:

Bread of Life - This is another “I Am” statement from Jesus to assert his identity with the crowds of people. He is the Son of God, the Creator of this world, and the giver of eternal life. Feasts and meals have been a large theme throughout the Bible starting in Genesis when God tells Adam and Eve to partake from the Tree of Life (Gen.2:16). Jesus is inviting people to a new type of meal, with the same intentions. Through communion, we remember that Jesus gave His life for us so that we may have eternal life with Him and the Father. In the same way the Tree of Life brought everlasting life, or manna fed the Israelites in the desert, Jesus is the ultimate Bread of Life who sustains us in all ways. We eat the bread and drink the juice at communion as a symbol of this knowledge and in gratitude for what He's done for us.

Homework/Challenge:

1. Reflect on this question: What do I feed my soul with most often? Write down what you're consuming mentally, emotionally, and spiritually. Is it nourishing you in Christ or leaving you empty?
2. Read John 7 in preparation for next week.

Discipleship Tip:

Lead the group in communion after you have gone through the study together. Ask others to pray and give thanks out loud before consuming the bread and the juice together.

Prayer:

Jesus, You are the Bread of Life, our only true sustenance. Teach us to come to You daily for real nourishment and not try to fill ourselves with things that cannot satisfy. Make us disciples who hunger for Your Word and walk in deep communion with You. Let our lives reflect that You are more than enough for our every need. Amen.