

Jesus the Bread of Life

John 6:48-51

48 I am the bread of life. 49 Your fathers ate the manna in the wilderness, and are dead. 50 This is the bread which comes down from heaven, that one may eat of it and not die. 51 I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world." NKJV

We want to look at this first part today and the rest of the passage next week. We have come to what has become one of the most difficult passages in the New Testament. Yet it is one of the most significant. It is akin to John chapter three where Jesus tells Nicodemus that he must be born again. A physical even that had a spiritual counter part. But there Jesus had made it very plain, unless you are born again you cannot be a part of the kingdom of God.

So with the same emphasis, Jesus forcefully gives these Jews but two choices. One choice leads to eternal life, while the other leaves them condemned in their sins.

- I. I am the bread of life.
 - A. This is a recurring phrase in this discourse.
 - B. We spoke on it back a few months ago from v-35
 - C. He is telling us that just as bread, food, is indispensable to a healthy full life, so Jesus is indispensable to the spiritual life, eternal life.
 - D. And in the same way that food sustains us and makes us grow and become strong, so Jesus is the source of spiritual vitality.
- II. Your fathers ate the manna in the wilderness, and are dead.
 - A. Earlier in this passage, when they ask for a sign, they remind Him that Moses gave them bread in the wilderness to eat for 40 years.
 1. Jesus told them that it was not Moses, but His Father that had given them manna to eat in the wilderness.
 2. It was not Moses that sustained their lives but God.
 3. It was also at that point, v33, 35, that Jesus tells them that He is the true bread that came from heaven and that those who ate that bread would live eternally.
 - B. Now He reminds them that although their fathers ate that life sustaining bread in the wilderness, yet they still died.
 1. What Jesus offers is just as real as that manna that they ate in the wilderness.
 2. But those who partake of Him will never die.
 3. This is akin to what Jesus told the woman at the well.

- a. She had come to the well to draw water.
 - b. After Jesus got her attention, he offered her water that would cause her to never thirst again and instead become in her a spring of water flow out from her.
 - c. As long as she was thinking that Jesus was referring to some special physical water that would do all those things, she could not drink.
 - d. But once she recognized Him as the promised Messiah, she drank fully and was eternally saved.
4. As long as these Jews were looking for something physical to chew on to satisfy their hunger they would never be a partaker of Jesus, but if they could only accept Him as their true Messiah they could eat and be satisfied eternally.

III. This is the bread which comes down from heaven, that one may eat of it and not die.

- A. Once again, v-33, Jesus refers to Himself as the bread come down from heaven.
- B. This shows His spiritual nature.
- C. This shows His heavenly nature.
- D. This show Him as totally unique.
 - 1. John 6:32-33 Then Jesus said to them, "Most assuredly, I say to you, Moses did not give you the bread from heaven, but My Father gives you the true bread from heaven. 33 For the bread of God is He who comes down from heaven and gives life to the world." NKJV
 - 2. John 6:46 Not that anyone has seen the Father, except He who is from God; He has seen the Father. NKJV
 - 3. John 3:13 No one has ascended to heaven but He who came down from heaven, that is, the Son of Man who is in heaven. NKJV
 - 4. This counters their accusation that Jesus is only the son of Joseph and Mary, who everyone was familiar with.
 - 5. He is unique and stands in a unique relationship between man and God.
 - 6. 1 Tim 2:5 For there is one God and one Mediator between God and men, the Man Christ Jesus, NKJV
- E. The difference between life sustaining elements of this world and eternally life sustaining elements has not comparison.
 - 1. We need air to breathe, but without the breath of God, the Holy Spirit, there is not spiritual life in us.
 - 2. We need water to drink, but without that water of life in Jesus Christ, there is no spiritual life in us.

3. We need food to sustain our lives but unless we have partaken of the Bread that comes from the Father, we have not eternal life.
4. We need daily exercise, but unless we exercise ourselves unto Godliness as Paul writes to Timothy, “exercise yourself toward godliness. 8 For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.” 1 Tim 4:7-9 NKJV
5. We need relationships but unless we have a living relationship with Jesus Christ, we can never hope to know God.
6. We need money, but unless we recognize the wealth that God offers us we will never be truly rich.
7. We need acceptance and praise, but unless we seek the acceptance and praise of God we can never really put our faith in Jesus. John 5:44 How can you believe, who receive honor from one another, and do not seek the honor that comes from the only God? NKJV
8. Everything that mankind pursues in an attempt for success and significance has a spiritual parallel, and unless we seek first the kingdom of God, and His righteousness, we will have neither, but with God we can achieve both.

IV. I am the living bread which came down from heaven.

- A. Jesus is saying a similar thing to what He said in v-35, 48 where He claimed to be the Bread of Life.
 1. That could be considered life giving bread, or bread that sustains life.
 2. But here, He is claiming to be living bread.
- B. Living Bread
 1. Bread may sustain life, but if it is alive, I don't think I would eat it.
 2. But Jesus claims to be more than just what is needed to sustain life.
 3. As He has claimed before, He claims to give life, to originate it, to bring life from death, and so He does.
 4. We were dead in trespasses and sins when Jesus found us, and made us alive.
 5. We were dead when we were quickened by the Spirit and the word of God.
 6. Truly He gives us life.

V. If anyone eats of this bread, he will live forever;

- A. He promises life, eternal life, just as He did to Nicodemus or to the woman at the well.
- B. He still promises that to us today.

- C. For all those who will partake of Christ, they will have life eternal.
- VI. And the bread that I shall give is My flesh, which I shall give for the life of the world."
 - A. The manner in which He brings this about is through His own death on the cross.
 - B. The bloody sacrifice of the Son of God to make an atonement for our sins.
 - C. To pay our debt to God.
 - D. To take our sin upon Himself and give to us His righteousness.
 - E. Have you ever taken Him up on His generous offer?
 - F. Repent of your sin, admit that you are a sinner.
 - G. Put your trust in Him alone and give yourself over to Him as Lord of your life.
 - H. That is how you have a part of Him.

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