

[SG Textbook]

Jesus' "I AM" (1) - Jesus, the Bread of Life (John 6:35)

Jesus introduces Himself: "I am the Bread of Life." After the feeding of the five thousand, people expected **more bread**, but Jesus invited them to seek **Him**, not bread itself. "Perishable food" can fill our stomachs but cannot fill our souls. By contrast, eating the "food that endures to eternal life" means **continually** walking in relationship with Jesus and **abiding** in Him. Even in a busy week, the key is to recognize our spiritual hunger and come back to the Lord.

1. After the miracle, the crowd wanted more bread, but the **purpose of the sign** was not their fullness—it was to see that **Jesus is God** (John 6:26-27). We also tend to run after bios—success, money, security. But the Lord calls us to zoe, the life God gives, and to seek the food that endures.

Reflection: What consumed most of my time and energy this week—work, money, endless videos, performance, kids, health, etc.? What decision can I make to redirect that time and energy to the Lord?

2. Jesus said, "Whoever comes to me shall not hunger, and whoever believes in me shall never thirst" (John 6:35). What matters is not a one-time act but **coming to Him continually**.

Practice: What **10-minute "Daily Bread"** rhythm will I try this week? (Scripture, prayer, thanksgiving, meditation, spiritual reading—choose one.)

3. To share the Bread of Life, who is the **one person** that comes to your mind right now? (Family / coworker / neighbor / church member)

Action: Choose **one** for this week—**Invite** (to Sunday service or small group), **Pray** (call their name before the Lord for **one minute** each day), or **Serve** (a meal or practical help). Write a one-line plan—**when, where, how**—and pray for one another.

Let's set aside our run for "bread," come back to Jesus, the Bread of Life, and **share Him with one person** this week.