

# Eat the Bread

Pastor Jeff Bucknam | John 6:22–59

NOTE: As a guide, use these questions to help with group and family discussion, or for personal reflection. Not all questions are needed. Select the ones that will best serve your group as you grow in Christ together through His Word. *Soli Deo Gloria*.

## Ice Breaker

If you could only eat one kind of bread for the rest of your life, what would you choose?

## Understanding the Text in Context

Read the text aloud together. Describe how the people are missing the point. What phrases does Jesus say that focus on faith and abiding in Him?

## Connecting to Jesus and His Gospel

This passage (v. 31) alludes back to the manna from heaven that God gave to the Israelites in the wilderness as they were led by Moses (see Exodus 16:15; Num 11:7-9). What is similar in our text regarding bread? And more importantly, how is Jesus *superior*? (For helpful verses, read 27, 32-33, 35, 40).

## Living Out the Truth

How can disappointment and suffering help us see whether we view Jesus as a way to get something else *OR* see Jesus Himself as the goal/treasure?

How have you been tempted to treat your relationship with Christ more as a means to an end rather than as the end in itself? What does it mean that Christ is the reward? How do you see Jesus now?

The notion that the Father draws us to himself is a wonderful truth (v. 37-39). How can that truth inform the way we relate to him?

During the next week, when will you especially need to remember “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst” (Jn 6:35)? Pray for one another for the week ahead.

In our text, Jesus repeatedly turns the spotlight on Himself and our need to believe in Him, to trust Him. Pray together for friends or family who do not yet believe in Jesus.

## Parenting Moment and Family Focus

Read the text as a family and consider these questions:

- What are some things kids your child(ren)'s age might look to for happiness instead of Jesus?
- When something doesn't go the way you hoped, how can you trust that Jesus is still good and still loves you?
- What is one thing you learned about Jesus from this passage that makes you want to trust Him more?
- What is one way you can spend time getting to know Jesus better this week?

Pray together as a family and ask the Father to draw your family closer to Jesus ... He is the bread!

## Further Study

Sometimes this text is connected to the Lord's Supper / Communion. Two helpful articles: [My Flesh Is True Food: The Meaning of an Offensive Image](#) and [Eating and Belief](#).

The Doctrine of Election is deep. “All that the Father gives me will come to me” (Jn 6:37). For a deep dive, watch one of Harvest's Theology Mornings: “Election and Our Salvation” along with the PDF Handout (scroll to the bottom of [this page](#)).

Looking ahead to next week's Sermon and Text: Read the three sections in the Scripture Journals for John 6:60-71: “I am the Bread of Life,” “God Initiates Faith,” and “When the Teaching Gets Hard.”