

STUDENT STUDY GUIDE
SESSION 2 – I AM THE BREAD OF LIFE
JOHN 6:22–59

SESSION FOCUS

In this session, Jesus makes the first of His bold **“I AM” statements** in the Gospel of John: **“I am the Bread of Life.”** This declaration invites us to look beyond physical needs and ask a deeper question: **What truly satisfies the hunger of the human soul?**

The feeding of the crowd is more than a miracle—it is a sign pointing to who Jesus is and what He offers. This study invites you to reflect on the difference between temporary satisfaction and the lasting life found in Christ.

OPENING REFLECTION

Before continuing, pause and reflect honestly.

- What do you tend to turn to when you feel empty, anxious, or unsatisfied?
- Where do you usually look for comfort, security, or fulfillment?
- What kinds of “hunger” do you recognize in your own life right now?

(You may want to write a few notes before moving on.)

SCRIPTURE READING

Read **John 6:22–59** slowly.

As you read, pay attention to:

- The questions the crowd asks Jesus
- What Jesus says about belief and trust
- How often food, bread, and hunger are mentioned

Do not rush. Notice where you feel challenged, confused, or drawn in.

KEY IDEA

The miracle of feeding the crowd points to a deeper truth:
Jesus does not merely give bread—He is the Bread of Life.
Only He can satisfy the deepest hunger of the human heart.

PART 1: A CROWD THAT IS HUNGRY



After Jesus feeds thousands of people, the crowd goes looking for Him again. They have experienced something extraordinary—but they are focused on the meal more than the meaning.

Jesus addresses their motivation directly and challenges them to think more deeply.

Reflection Questions

- Why do you think the crowd followed Jesus after the miracle?
- What were they hoping to receive from Him?
- How do people today sometimes pursue God mainly for what He can provide?

Personal Notes:

PART 2: THE HUNGER BENEATH THE HUNGER

Jesus understands that human beings hunger for more than food. Beneath physical needs lie deeper longings for meaning, purpose, hope, and belonging.

The crowd thinks they need bread.

Jesus knows their deeper hunger is spiritual.

Reflection Questions

- What kinds of hunger do people experience beyond physical hunger?
- Which of these feel most familiar in your own life?
- How do people try to fill these needs?

Personal Notes:

PART 3: FOOD THAT DOES NOT LAST

Jesus challenges the crowd not to work for food that spoils, but for food that endures. The people respond by asking what they must *do* to please God, assuming the answer will involve effort or achievement.

Jesus gives a surprising answer:

Faith is the work God desires.

Reflection Questions

- Why do people often assume faith is about effort or performance?
- How does Jesus' answer reshape the idea of what it means to follow God?
- What does it mean to trust rather than strive?

Personal Notes:



PART 4: STILL ASKING FOR PROOF

Even after witnessing a miracle, the crowd asks Jesus for another sign. They look back to past stories of God's provision and wonder if Jesus can do something even greater.

This reveals how difficult trust can be—even after experiencing God's care.

Reflection Questions

- Why is it sometimes hard to trust God even after He provides?
- Where do you notice a desire for "one more sign" in your own faith journey?
- What do you think holds people back from trust?

Personal Notes:

PART 5: I AM THE BREAD OF LIFE

Jesus makes His declaration clear and unmistakable:

"I am the Bread of Life."

He is not offering endless food or constant miracles.

He is offering Himself.

Just as bread sustains the body, **Jesus sustains the soul.**

Reflection Questions

- What is Jesus claiming about Himself in this statement?
- Why is bread such a powerful image for life and faith?
- What does it mean to come to Jesus and believe in Him?

Personal Notes:

THE INVITATION

Jesus names two responses:

- **Coming to Him**
- **Believing in Him**

These are not one-time actions, but ongoing ways of living.

Reflection Questions

- What might it look like for you to "come to Jesus" in daily life?
- How is belief more than agreeing with an idea?
- What competes with Jesus for your trust and attention?



PERSONAL REFLECTION

Take a few quiet moments.

- Where do you sense hunger or emptiness right now?
- What have you been relying on to satisfy that hunger?
- What would it mean for you to trust Jesus as the Bread of Life this week?

Personal Response:

CLOSING PRAYER

In your own words, or silently, pray for:

- **Honesty about your deeper needs**
 - **Trust in Christ rather than temporary solutions**
 - **Faith to receive the life Jesus offers**
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OPTIONAL TAKE-HOME PRACTICE

This week:

- Re-read **John 6:35** each day
 - Notice where you seek satisfaction or security
 - Ask yourself: **What am I feeding my soul?**
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FINAL THOUGHT

The crowd wanted bread that would never run out.

Jesus offered something far greater.

True life, lasting hope, and deep fulfillment are found not in what He gives—but in who He is.

