

FACILITATOR / TEACHER GUIDE
SESSION 2 – I AM THE BREAD OF LIFE
JOHN 6:22–59

PURPOSE OF THIS SESSION

This session introduces the first of Jesus' **"I AM" statements** in the Gospel of John. Jesus' declaration, **"I am the Bread of Life,"** invites participants to consider a deeper question beneath the miracle of feeding the crowd: **What truly satisfies the hunger of the human soul?**

The goal of this session is to move beyond the miracle itself and help learners recognize Jesus as the one who alone provides lasting life, meaning, and spiritual fulfillment.

INTENDED USE

This lesson is designed for **personal preparation and group discussion**. Participants should complete the Student Guide before gathering. The facilitator's role is to **guide conversation, invite reflection, and help participants connect the text to their own lives**, rather than provide a lecture.

LEARNING OBJECTIVES

By the end of this session, participants should be able to:

- **Understand the significance of Jesus' first "I AM" statement**
 - **Recognize the difference between physical provision and spiritual fulfillment**
 - **Identify the deeper hunger beneath human desires and needs**
 - **Reflect on what it means to trust Jesus as the Bread of Life**
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FACILITATOR PREPARATION

Before leading the session:

- **Read John 6:22–59 carefully and prayerfully**
 - **Review the flow of the narrative—from miracle to meaning**
 - **Reflect on your own experiences of hunger, satisfaction, and trust**
 - **Prepare to create a space for honest reflection and open discussion**
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SESSION FLOW (60–75 MINUTES)

1. WELCOME AND OPENING PRAYER (5 MINUTES)

Welcome participants and briefly remind them that this session follows the opening of John's Gospel and introduces



the first **"I AM" saying**.

Open with prayer, asking God to reveal where we seek fulfillment and to draw us toward Christ.

Suggested prayer focus:

- **Awareness of our deeper spiritual hunger**
 - **Openness to Christ's invitation**
 - **Trust in God's provision**
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2. ORIENTING THE GROUP: WHERE WE ARE IN JOHN (5 MINUTES)

Briefly remind the group that John's Gospel centers on the question: **Who is Jesus really?**

Explain that the **"I AM" statements** reveal Jesus' identity and mission in powerful, symbolic language.

Key teaching point:

Jesus does not simply describe what He gives—He reveals who He is.

3. RECALLING THE MIRACLE (5–10 MINUTES)

Invite participants to summarize the feeding of the crowd in their own words.

Discussion prompts:

- **What stands out to you about the feeding of the five thousand?**
- **Why do you think this miracle drew such strong attention from the crowd?**

Emphasize that John presents the miracle as a **sign**, not an endpoint.

4. DISCUSSION: MORE THAN A MIRACLE (10 MINUTES)

Key idea: The miracle points beyond itself.

Discussion prompts:

- **Why do you think the crowd followed Jesus after the meal?**
- **What does Jesus say about their motivation?**
- **How do people today sometimes focus on what God provides rather than who God is?**

Facilitator insight:

Help participants see that **experiencing God's provision does not automatically lead to understanding His purpose.**

5. DISCUSSION: THE HUNGER BENEATH THE HUNGER (10 MINUTES)

Key idea: Human beings hunger for more than food.



Discussion prompts:

- **What kinds of hunger do people experience beyond physical hunger?**
- **How do people try to satisfy these deeper needs?**
- **Which of these hungers feel most familiar to you?**

Application focus:

Encourage participants to connect Jesus' words to real-life pursuits of meaning, success, belonging, or security.

6. DISCUSSION: THE WORK GOD REQUIRES (10 MINUTES)

Key teaching moment:

Jesus redefines what it means to "do God's work."

Discussion prompts:

- **Why do the people assume God's work involves effort or achievement?**
- **How does Jesus' answer challenge common ideas about faith?**
- **What does it mean that faith is about trust rather than performance?**

Key teaching point:

Relationship with God is not based on what we do, but on who we trust.

7. DISCUSSION: STILL ASKING FOR PROOF (5–10 MINUTES)

Discussion prompts:

- **Why do you think the crowd asks for another sign after witnessing a miracle?**
- **Why is it sometimes hard to trust even after experiencing God's provision?**
- **Where do you see this tendency in your own life?**

Facilitator note:

Normalize doubt without affirming it. This is an opportunity for honest self-reflection.

8. DISCUSSION: "I AM THE BREAD OF LIFE" (10 MINUTES)

Read the statement aloud slowly.

Key idea: Jesus does not offer bread—He is the bread.

Discussion prompts:

- **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?**



Facilitator insight:

Help the group see that Jesus offers **Himself**, not merely benefits or blessings.

9. THE INVITATION (5 MINUTES)

Highlight the two responses Jesus names:

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

Discussion prompts:

- **What might it look like to “come to Jesus” in everyday life?**
- **How is believing more than agreeing with an idea?**

Key promise:

Those who come to Christ will never be spiritually hungry again.

10. PERSONAL REFLECTION AND APPLICATION (5–10 MINUTES)

Invite quiet reflection or brief sharing:

- **Where do you notice hunger in your own life right now?**
- **What competes with Jesus for your trust and attention?**
- **How might trusting Christ as the Bread of Life reshape your priorities?**

Encourage participants to think about one concrete way they might respond this week.

11. CLOSING PRAYER (5 MINUTES)

Close in prayer, thanking God for His provision and for the gift of Christ.

Pray that participants would learn to seek fulfillment not in what fades, but in **the life Jesus offers**.

Optional prayer focus:

- **Trust instead of striving**
 - **Contentment in Christ**
 - **Openness to transformation**
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KEY TAKEAWAY FOR FACILITATORS

This session invites participants to move from **consuming what Jesus gives** to **trusting who Jesus is**. Allow space for discomfort and honesty. The aim is not quick answers, but a deeper awareness of the hunger only Christ can satisfy.



