

Session 2 – I AM The Bread of Life

John 6:22-59

Jesus' words invite us to consider
a deeper question:

**What truly satisfies the hunger
of the human soul?**



How to Use This Study

This series is designed to be experienced in two stages.

- **Personal Study During the Week**

Each participant reads the Scripture and works through the Study Guide before the group meeting.

- **Group Discussion Together**

When the group gathers, the Facilitator and Student Guides help guide conversation, reflection, and prayer based on the material everyone has already explored.

- This format allows the group to move beyond surface discussion and engage the Bible more deeply together.



Where We Are in John's Gospel

John's Gospel focuses on one central question:

Who is Jesus really?

Throughout the book Jesus makes a series of bold statements known as the **“I AM” sayings**.

These statements reveal His identity and His mission.

Today we explore the first of these declarations.



The Mission of Jesus

Before Jesus describes Himself as the Bread of Life, John's Gospel already tells us why He came.

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.”

John 3:16–17

This statement captures the heart of Jesus' mission:

God loves the world.

God sends His Son.

Whoever believes receives life.

Everything Jesus does in the Gospel of John flows from this purpose.



John 6:2-7

²A huge crowd kept following him wherever he went, because they saw his miraculous signs as he healed the sick. ³Then Jesus climbed a hill and sat down with his disciples around him. ⁴(It was nearly time for the Jewish Passover celebration.) ⁵Jesus soon saw a huge crowd of people coming to look for him. Turning to Philip, he asked, “Where can we buy bread to feed all these people?” ⁶He was testing Philip, for he already knew what he was going to do.

⁷Philip replied, “Even if we worked for months, we wouldn’t have enough money to feed them!”



The Setting: A Hungry Crowd

John 6 begins with one of Jesus' most famous miracles.

- A large crowd gathers around Him near the Sea of Galilee.
 - People have come because they have seen His miracles and want to hear Him teach.
 - But as the day goes on, **a problem emerges.**
 - The crowd is **hungry.**
 - And there is **no food** for **thousands of people.**



John 6:8-15

⁸ Then Andrew, Simon Peter's brother, spoke up. ⁹ "There's a young boy here with five barley loaves and two fish. But what good is that with this huge crowd?" ¹⁰ "Tell everyone to sit down," Jesus said. So they all sat down on the grassy slopes. (The men alone numbered about 5,000.) ¹¹ Then Jesus took the loaves, gave thanks to God, and distributed them to the people. Afterward he did the same with the fish. And they all ate as much as they wanted. ¹² After everyone was full, Jesus told his disciples, "Now gather the leftovers, so that nothing is wasted." ¹³ So they picked up the pieces and filled twelve baskets with scraps left by the people who had eaten from the five barley loaves. ¹⁴ When the people saw him do this miraculous sign, they exclaimed, "Surely, he is the Prophet we have been expecting!" ¹⁵ When Jesus saw that they were ready to force him to be their king, he slipped away into the hills by himself.



The Feeding of the Five Thousand

A boy offers what little he has:

- five small loaves of bread
- two fish

Jesus takes the bread.

He gives thanks.

Then He begins to distribute it.

A miracle unfolds.

Everyone eats.

And everyone is satisfied.



More Than a Miracle

When the meal is finished, the disciples gather the leftovers.

**Twelve baskets remain.
The crowd is amazed.**

They begin to wonder if Jesus might be the prophet
God promised to send.

But John wants us to see something important.

The miracle is not the main point.

It is a sign pointing to something greater.



John 6:22-25

²² The next day the crowd that had stayed on the far shore saw that the disciples had taken the only boat, and they realized Jesus had not gone with them. ²³ Several boats from Tiberias landed near the place where the Lord had blessed the bread and the people had eaten. ²⁴ So when the crowd saw that neither Jesus nor his disciples were there, they got into the boats and went across to Capernaum to look for him. ²⁵ They found him on the other side of the lake and asked, “Rabbi, when did you get here?”



The Crowd Goes Looking for Jesus

The next day the crowd realizes Jesus has left so they go looking for Him, eventually finding Him in Capernaum.

But Jesus immediately addresses their true motivation.

²⁶ Jesus replied, “I tell you the truth, you want to be with me because I fed you, not because you understood the miraculous signs.

John 6:26

The crowd had experienced a miracle.

But they were focused on the meal.

Not the meaning.



The Hunger Beneath the Hunger

Jesus understands something deeper about human life.

We all experience hunger beyond the physical.

People hunger for:

- meaning
- purpose
- hope
- belonging

The crowd thought they needed bread.

But their deeper hunger was spiritual.



Food That Does Not Last

Jesus tells them:

“Do not work for food that spoils, but for food that endures to eternal life.”

John 6:27

Much of life is spent pursuing things that cannot last.

- Success.
- Possessions.
- Status.

But Jesus invites people to seek something eternal.

The people respond with an important question:

“What must we do to do the works God requires?”

John 6:28

They assume the answer will involve religious effort or spiritual achievement.

But Jesus gives a surprising reply.



The Work God Requires

Jesus answers their question directly:

²⁹ Jesus told them, “This is the only work God wants from you: Believe in the one he has sent.”

John 6:29

They expected a list of religious duties. Instead, Jesus points to something deeper.

Faith begins not with achievement, but with trusting the One God has sent.

**Relationship with God is not based on WHAT YOU DO
But on WHO YOU TRUST.**



Still Asking for Proof

The crowd responds with another request:

³⁰ They answered, “Show us a miraculous sign if you want us to believe in you. What can you do?”

John 6:30

This question is remarkable.

Jesus has **already fed thousands of people** with a few loaves of bread.

Yet the crowd is still asking Him to prove Himself.

We often do the same with God.

Even after experiencing His provision, we sometimes ask for **one more sign** before we trust Him.



Offering Something Greater

³¹ After all, our ancestors ate manna while they journeyed through the wilderness! The Scriptures say, ‘Moses gave them bread from heaven to eat.’”

John 6:31

They look back to Israel’s history. In the wilderness, God provided bread from heaven to sustain His people. They are wondering if Jesus will do something like that.

Jesus corrects their understanding:

³² Jesus said, “I tell you the truth, Moses didn’t give you bread from heaven. My Father did. And now he offers you the true bread from heaven.

John 6:32

The manna in the wilderness sustained life for a single day at a time.

But God is now offering something far greater.



The Bread of God

33 *The true bread of God is the one who comes down from heaven and gives life to the world.”*

John 6:33

The manna in the wilderness was given to sustain Israel.

But the bread God now provides is greater than manna.

This bread gives life not just to one people, but **to the whole world**.

But the crowd still does not understand:

34 *“Sir,” they said, “give us that bread every day.”*

John 6:34

They sense that Jesus is offering something important. But they are still thinking about physical bread.

They imagine a continual supply of food. They do not yet realize that Jesus is speaking about something deeper.



Jesus Reveals the Truth

Then Jesus makes one of the most important declarations in the Gospel of John:

“I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.”

John 6:35

Jesus is not simply offering bread.
He is the bread.

Jesus is not only offering us material things
He offers us Himself!



What Jesus Is Claiming

Bread is one of the most basic necessities of life.

Without it, people cannot survive.

**By calling Himself the Bread of Life,
Jesus is saying that life itself is found in Him.**

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



John 6:35

³⁵ *Jesus replied, “**I am the Bread of Life.** Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.”*



The Invitation

Jesus describes two responses:

“Whoever comes to me...”
“Whoever believes in me...”

Coming to Christ means turning toward Him.
Believing in Christ means trusting who He is.

And the promise is extraordinary:
Those who come to Him will never be spiritually hungry again.

There is a hunger in all of us that only He can satisfy!



Reflection Questions

1. Why do you think the crowd kept asking Jesus for proof, even after witnessing a miracle?
2. In what ways do people today look for fulfillment in things that cannot truly satisfy?
3. What do you think Jesus means when He says that whoever comes to Him will never hunger or thirst?
4. How might trusting Jesus as the “Bread of Life” change the way we live our daily lives?



Key Takeaway

Jesus' miracle of feeding the crowd was a **sign pointing to something greater.**

The manna in the wilderness sustained life **for a day,**
but Jesus offers **life that lasts forever.**

When Jesus says, "**I am the Bread of Life,**"
He is revealing that true life, meaning, and hope are found in Him.

The invitation of this passage is simple:

Come to Christ.

Trust in Him.

Receive the life only He can give.

