

**The Word Became Flesh  
(Week 18)  
John 6:29-51  
“The Bread of Life”**

**Introduction**

**“I AM the bread of life.” Jesus told them. “No one who comes to Me will ever be hungry, and no one who believes in Me will ever be thirsty again.”** **John 6:35**

In the Gospel of John, there are seven “I AM” statements of Christ. In the **Sixth Chapter**, we come to the first of them: “I AM the bread of life.” This “I AM” statement comes immediately after the feeding of the five thousand, near the fishing village of Bethsaida. That evening, Jesus sent His disciples across the lake to get them away from the temptation of the crowd, who wanted to start up a rebellion against the Roman government. Christ went up the mountain to pray, and afterward, He rejoined the disciples when He walked on the water to meet up with their boat during a fierce storm. He stilled the waters, as well as their fears, and they were immediately taken ashore.

The next morning, the mob followed and surrounded them in the town of Capernaum. These folks had no intentions of letting Jesus go so easily. They wanted more from Him. The disciples must have thought this was a great thing, that so many had come across the lake to follow their Master. But Jesus knew that this was not about faith. This was about food. The crowd had merely wanted to get another free meal.

So many people in this world want a God Who will wait on them hand and foot. They aren't looking for a LORD to serve, they are looking for a butler to serve them. They want someone who will be at their beck and call, but not someone to inconvenience them by making any sort of demands upon their selfish lives. If you can start up a church that tells people what they want to hear, and promise that God will give them everything their hearts desire, then trust me, you can pack the pews (or chairs, if your church is more contemporary and “with it”) every Sunday.

The “preachers for profits” (certainly not prophets) are all over our television screens these days. And they know just what to say to swindle the masses. They are driven by greed and not by God. They use *The Bible* for dishonest gain and lead people astray by the thousands. These false teachers had best enjoy their riches while they can, for one day they will stand before The Judge of all the earth to discover just how spiritually bankrupt they truly are. Paul warned of these types of false teachers repeatedly, both in his letters to the churches he planted and to those he had commissioned to lead those churches.

**Preach the Word; be ready in season and out of season; correct, rebuke, and encourage with great patience and teaching. For the time will come when people will not tolerate sound doctrine, but according to their own desires, will multiply teachers for themselves because they have an itch to hear what they want to hear. They will turn away from hearing the truth and will turn aside to myths.**

**2 Timothy 4:2-4**

Jesus knew that these were the kind of people who had followed Him across the Sea of Galilee that morning. They weren't there because of life changing faith. They were only there for the food. They wanted Him to serve them again. They didn't see Him as God to be worshipped. They saw Him as their meal ticket. And He could see right through them. The disciples might have been deceived by the adoring crowds, but Christ was not. They thought they could make Jesus do as they pleased. When they found that they could not, their zeal for Him turned into bitter disappointment.

There is much that we can learn from this passage today. There is a big difference between a true follower of Christ and those who claim to believe in Him for their own selfish gain. Jesus will either be LORD of all, or He will not be LORD at all. True believers have been chosen to follow Him, not the other way around. So, let's examine closely the three main elements of this text: *The Breakfast Crowd*, *The Believers Chosen*, and *The Body of Christ*.

## The Breakfast Crowd (vs. 29-34)

**Jesus replied, "This is the word of God — that you believe in the One that He has sent." "What sign, then, are You going to do so that we may see and believe You?" they asked. "What are you going to perform? Our ancestors ate the manna in the wilderness, just as it is written: He gave them bread from heaven to eat." Jesus said to them, "Truly I tell you, Moses didn't give you the bread from heaven, but My Father gives you the true bread from heaven. For the bread of God is the One Who comes down from heaven and gives life to the world." Then they said, "Sir, give us this bread always."**  
**John 6:29-34**

When the crowd asked Jesus how He had gotten across the lake without a boat, He didn't even bother to answer. He knew their hearts, and He knew that they would not have believed, even if He had explained it to them. Instead, He told them that they were only there for the food.

**"Truly I tell you, you are looking for Me, not because you saw the signs, but because you ate the loaves and were filled."**  
**John 6:26**

They had not come, because they had believed in Him. They were just there for breakfast! And as the conversation continues, this fact becomes all the more obvious. I find it more than a little astounding that these people demanded a sign from Jesus to prove His identity, after they had already seen Him feed the multitude! Not to mention all the other miracles that He had wrought that had drawn this crowd in the first place (**vs. 2**). This just further goes to show that the people weren't interested in following Jesus. They just wanted Him to perform for them. After all, if they could get Him to provide meals for them every day, then they could all quit their jobs and have it made! Make no mistake, this WAS their motivation for seeking Him out that morning. After all, they had not had breakfast yet!

I just love how they brought up the manna from *The Old Testament* (Loosely quoting *Psalms* 78)! Why did they do this? Because they believed Moses (and not God) had fed their ancestors with manna for forty years. It was as if they were saying to Jesus, "Big deal, you fed us one measly meal. If you really want us to believe in You, then you should feed us every day like Moses, did." Some have also said that the Jews of those days believed that when The Messiah came, He would bring manna as Moses did. What they did not realize was that the manna of *The Old Testament* was symbolic of the the One Who would come down from Heaven to save us.

The manna had always been intended to be a picture of The LORD Jesus Christ. It came down from heaven during the dark of night. Christ came to this world and brought His light into the darkness. The manna had brought salvation to the people. Christ came to save us from sin. The manna was round and white, symbolizing Christ's purity and eternal existence (a round object has no beginning nor end). It lay upon the ground which symbolized the humility of Christ. And the people either had to bend down to gather it, or they would trample it. This symbolized that one can only be saved by humbling themselves and coming to Christ. And conversely, those who proudly reject Him have trampled His blood under their feet. This "trampling" of Jesus was exactly what the "breakfast crowd" was doing by their unbelief. *The Bible* gives a stern warning to those who would do so:

**Anyone who disregarded The Law of Moses died without mercy, based on the testimony of two or three witnesses. How much worse punishment do you think one will deserve who has trampled on The Son of God, who has regarded as profane the blood of the covenant by which he was sanctified, and who has insulted The Spirit of grace? For we know The One Who has said, Vengeance belongs to Me; I will repay, and again, The LORD will judge His people. It is a terrifying thing to fall into the hands of The Living God.**  
**Hebrews 10:28-31**

The first thing that the LORD does is to correct their faulty theology. It wasn't Moses who had fed their ancestors. It was God. Moses was only a vessel that God used. The same God that had sent manna to feed the children of Israel was the same God Who had sent His Only Begotten Son to the world to save those who would believe in Him. The first had been given as food for the body. The last had been given as food for the soul. These foolish people were asking Jesus to provide them with manna and little did they realize that He was, in fact, the true manna from God.

**The Believers Chosen (vs. 35-40)**

**"I AM The Bread of Life," Jesus told them. "No one who comes to Me will ever be hungry, and no one who believes in Me will ever be thirsty again. But as I told you, you've seen Me, and yet you do not believe. Everyone the Father gives Me will come to Me, and the one who comes to Me I will never cast out. For I have come down from heaven, not to do My Own will, but the will of Him Who sent Me. This is the will of Him Who sent Me: that I should lose none of those He has given Me but should raise them up on the last day. For this is the will of My Father: that everyone who sees The Son and believes in Him will have eternal life, and I will raise him up on the last day."**  
**John 6:35-40**

Wow! There are so many truths packed into this short passage of Scripture that it would be possible to do a whole sermon series just from these six verses. Jesus tells the breakfast crowd that He is the true manna from heaven. He is the bread of life. They are so hung up on food for their stomachs that they are refusing to partake of the bread that is food for their hungry souls. They would do well to hear the words of Christ, when He was tempted by the devil in the wilderness:

**"...Man must not live on bread alone, but on every word that comes from the mouth of God."**  
**Matthew 4:4b**

They had come just for breakfast, but He was offering them so much more. They could not see the forest for the trees, as it were. They were focused upon the temporal and temporary, while He was speaking of the spiritual and eternal. In their spiritual blindness, coupled with their own selfish desires, they had refused to recognize the very One Who could offer them deliverance. The words he spoke to them were very similar to those that He had spoken to Nicodemus, and the Samaritan woman at the well. The main difference being that those individuals had come to believe, but this massive crowd had missed the point entirely. Do not be surprised at this. The Scriptures plainly say:

**"Enter through the narrow gate. For the gate is wide and the road broad that leads to destruction, and there are many who go through it. How narrow is the gate and difficult the road that leads to life, and few find it."**  
**Matthew 7:13-14**

Jesus goes on to explain to them, that no one can come to Him unless the Father has first enabled them to do so. *The Bible* is explicitly clear on this. NO ONE seeks after God (**Romans 3:11**). If it were not for God drawing us to Christ, no one would come to faith. We are called by God individually to come and believe. When Jesus speaks of "coming to Him", He is not simply speaking of showing up. This massive crowd had come to Him, but they did not receive the salvation that He offered. Coming to Jesus means to surrender yourself to Him as LORD. To receive salvation, one must both believe in Christ and submit to Christ. And trust me, if you truly have believed then you will submit. This is what Paul speaks of in the tenth chapter of *Romans*.

**If you confess with your mouth "Jesus is LORD", and believe in your heart that God raised Him from the dead, you will be saved.**  
**Romans 10:9**

It is an act of faith that requires both the sovereign will of God, and your willingness to submit. God gives you the faith to believe in Jesus, when you hear the Word of God. And you must be willing to submit to Jesus, by your own free will. There are many who try to do away with either sovereign election or free will, and you cannot do it, my friends. They go hand in hand. God calls, and you must answer. Charles Spurgeon was once asked to reconcile God's election and man's free will and his reply was nothing short of genius. He said that he did not see the point in reconciling old friends!

So, don't get too caught up in the "election vs. freewill" debate. What is hard for us to understand is not at all a concern for the mind of God. He understands the process perfectly. Just know that no one will ever be saved apart from the work of The Holy Spirit. He gave you The Word to believe, as well as, the faith to believe it. He convinced you that you needed saving, and then He brought you to the Savior.

Salvation is a beautiful and completed work of God's amazing grace. So we have nothing that we can brag about. We must simply accept the gift that has been bestowed upon us.

Not only is our salvation a work of God, but so is our eternal security. Read carefully what Jesus says about the will of His Father:

**"This is the will of Him Who sent Me: that I should lose NONE OF THOSE that He has given Me but should raise them up on the last day." John 6:39** (emphasis added)

So then, how many saved people in the history of all the world have ever lost their salvation? Answer: NONE of them. It is God Who saves you, and it is God Who keeps you saved. So, if you are a believer, then stop worrying about losing your salvation. It isn't your responsibility to keep yourself saved, it's Christ's. And I'm pretty sure that He is up to the job!

### **The Body of Christ (vs. 41-51)**

**Therefore the Jews started grumbling about Him because He said, "I AM the bread that came down from heaven." They were saying, "Isn't this Jesus the son of Joseph, whose father and mother we know? How can He now say, 'I have come down from heaven'?" Jesus answered them, "Stop grumbling among yourselves. No one can come to me unless The Father Who sent Me draws him, and I will raise him up on the last day. It is written in the Prophets: And they will all be taught by God. Everyone who has listened to and learned from The Father comes to Me — not that anyone has seen The Father except the One Who is from God. He has seen The Father. Truly I tell you, anyone who believes has eternal life. I AM the bread of life. Your ancestors ate manna in the wilderness, and they died. This is the bread that comes down from heaven so that anyone may eat of it and not die. I AM the living bread that came down from heaven. If anyone eats of this bread he will live forever. The bread that I will give for the life of the world is My flesh."** **John 6:41-51**

When Jesus claimed to be sent down from heaven like the manna in the wilderness, the crowd knew exactly Who He was claiming to be. He was proclaiming Himself to be God, and they were offended by it. They started murmuring amongst themselves. After all, they knew this man's earthly parents. So how could He claim to have come down from heaven? What they did not know was that Joseph was not His father. God was. And even though they had personally witnessed this Jesus do mighty wonders, they could not accept that he was more than just a mere mortal man. The fact was... He was both. He was fully God, and He was fully man, sent from heaven to offer His sinless life upon the cross to pay the penalty for the sins of all mankind.

To come to Jesus is to accept the sacrifice of His fleshly body offered as a propitiation for our sin. This is what it means metaphorically to "eat the living bread of life". It means to take Jesus into our very selves in order to have life everlasting. To come to Him in belief and accept Him into our very lives. To submit to His Lordship and be forgiven. We do this, when we hear and accept the Word of God. We have been, as the prophet Isaiah has said, **"taught by God"**. We hear the Word, and turn to Jesus and live.

In the Garden of Eden, Satan offered Eve the fruit that he falsely promised would **"make her like God"** (**Genesis 3:6**). But Jesus has offered Himself, the Bread of Life, as the cure for the curse that Satan brought upon mankind. And if you are willing to partake of it, you won't just be "like God", but rather, you will be made one **with** God. You will be **IN** God.

**Therefore, if anyone is IN Christ, he is a new creation; the old has passed away, and see, the new has come!** **2 Corinthians 5:17**

**For those of you who were baptized INTO Christ have been clothed with Christ.** **Galatians 3:27**

**Or are you unaware that all of us who were baptized INTO Christ Jesus were baptized into His death? Therefore we were buried with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of The Father, so we too may walk in newness of life.**

**Romans 6:3-4**

So there you have it! To come to Jesus and believe is to take Him into yourselves as He also takes you into Himself. Through the sacrifice of His body, we are not simply made “like God”. We are made one with God. We are filled with His Spirit and forever changed from the inside out. And when you are one with Christ, NOTHING can ever take you out of Christ. So the most important question that I can ask is this: Have you ever tasted The Bread of Life for yourself? All that is required of you is simply to believe and receive. You have been given the invitation to come and taste the bread of Life. Come to Jesus... and live.

And let all believers say... TRUTH!!!

And let the believers say... TRUTH!!!