

The Bread of Life
John 6:1-15; 32-25

Most people who feel empty have no idea what is supposed to be in that empty space... I've worked with people who have everything they believed would fill them up and they still feel empty. They seek my help because they are suffering and they don't know what to do about it.

—Margaret Paul, Huffington Post

(v.2-3) And a huge crowd was following Him because they saw the signs that He was performing by healing the sick.
3 So Jesus went up a mountain and sat down there with His disciples.

HUMANS ARE HUNGRY

‘Take Me to Church’ is essentially about sex, but it’s a tongue-in-cheek attack at organizations [Read the church] that would... undermine humanity by teaching shame about sexual orientation — that it is sinful, or that it offends God...

—Hozier, NY Times

‘This is Hungry work.’

—Hozier

JESUS CARES ABOUT OUR HUNGER

(v.5) Therefore, when Jesus looked up and noticed a huge crowd coming toward Him, He asked Philip, “Where will we buy bread so these people can eat?”

A Hunger for Autonomy

(v.15-16) When the people saw the sign He had done, they said, "This really is the Prophet who was to come into the world!" 15 Therefore, when Jesus knew that they were about to come and take Him by force to make Him king, He withdrew again to the mountain by Himself.

Hunger For Security (v.26-27)

Jesus answered, “I assure you: You are looking for Me, not because you saw the signs, but because you ate the loaves and were filled. 27 Don’t work for the food that perishes but for the food that lasts for eternal life, which the Son of Man will give you, because God the Father has set His seal of approval on Him.”

Hunger for Morality (v.28-31)

“What can we do to perform the works of God?” they asked. 29 Jesus replied, “This is the work of God—that you believe in the One He has sent.” 30 “What sign then are You going to do so we may see and believe You?” they asked. “What are You going to perform? 31 Our fathers ate the manna in the wilderness, just as it is written: He gave them bread from heaven to eat.”

Questions to ask when disordered hunger rises within:

What am I desperately afraid to lose?

What do I have to prove?

Is there something I have to hide?

JESUS CARES ENOUGH TO DO SOMETHING ABOUT
OUR HUNGER

(v.32-33) Jesus said to them, “I assure you: Moses didn’t give you the bread from heaven, but My Father gives you the real bread from heaven. 33 For the bread of God is the One who comes down from heaven and gives life to the world.”

“I assure you: Unless you eat the flesh of the Son of Man and drink His blood, you do not have life in yourselves. 54 Anyone who eats My flesh and drinks My blood has eternal life, and I will raise him up on the last day, 55 because My flesh is real food and My blood is real drink. 56 The one who eats My flesh and drinks My blood lives in Me, and I in him. 57 Just as the living Father sent Me and I live because of the Father, so the one who feeds on Me will live because of Me. 58 This is the bread that came down from heaven; it is not like the manna your fathers ate—and they died. The one who eats this bread will live forever.”

JESUS WANTS TO MULTIPLY MY MEAGER FAITH

(v.9-10) “There’s a boy here who has five barley loaves and two fish—but what are they for so many?” 10 Then Jesus said, “Have the people sit down.”

John 6:60-69

When many of His disciples heard this, they said, “This teaching is hard! Who can accept it?” 61 Jesus, knowing in Himself that His disciples were complaining about this, asked them, “Does this offend you? 62 Then what if you were to observe the Son of Man ascending to where He was before? 63 The Spirit is the One who gives life. The flesh doesn’t help at all. The words that I have spoken to you are spirit and are life. 64 But there are some among you who don’t believe.” (For Jesus knew from the beginning those who would not believe and the one who would betray Him.)

65 He said, "This is why I told you that no one can come to Me unless it is granted to him by the Father." 66 From that moment many of His disciples turned back and no longer accompanied Him. 67 Therefore Jesus said to the Twelve, "You don't want to go away too, do you?" 68 Simon Peter answered, "Lord, who will we go to? You have the words of eternal life. 69 We have come to believe and know that You are the Holy One of God!"

‘Blessed are those who hunger and thirst for righteousness, for they shall be filled.

—Jesus

A man hungers and thirsts after righteousness because his nature needs it--needs it because it was made for it; his soul desires its own.

—George MacDonald

Inner emptiness does not come from a lack of something external — not even a lack of being loved by someone else. It comes from a lack of one thing only: a lack of awareness of the love that is the energy we live in. Love automatically flows through an open heart. You can call this love God or spirit or light or whatever else you want. The heart is like a doorway to the universe — when it is open, love flows into and through us.

QUESTIONS FOR MEDIATION

Ask the Holy Spirit to Reveal...

What am I desperately afraid to lose?

What do I have to prove?

Is there something I have to hide?

“Lord Jesus, multiply my meager faith.”