

Bread is a staple food for so many people all over the world.

There are so many different kinds of bread.

When I was young it was just plain or pan.

Nowadays with so many folk at home for long periods of time sourdough seems to be the bread that is most popular.

(pause)

Thinking today about a different kind of bread

Jesus, the bread of life

"I am the bread of life," Jesus told them.

"Those who come to me will never be hungry;  
those who believe in me will never be thirsty."

**Lets pray**

Jesus,

Bread of life,

you are always with us.

(pause)

We praise you that as we draw near to you,  
you quench our thirst and satisfy our hunger,  
so that we never need hunger or thirst again.

(pause)

We come now with our curiosity and questions.

We come seeking answers.

We are grateful for our daily bread, but we  
yearn for the bread of eternal life.

Fill us now Father, with the bread of eternal life,

Jesus,

**Amen**

The sermon this week is based around the  
gospel reading John 6.25-40

You may want to pause this podcast now and go and read it for yourselves before continuing

(pause)

## **Sermon**

"I am the bread of life," Jesus told them.

"Those who come to me will never be hungry;

those who believe in me will never be thirsty.

This is one of the great passages of the Fourth Gospel,

and indeed of the New Testament.

"I am the bread of life," Jesus told them.

(pause)

It is not enough to regard this as simply a beautiful and poetical phrase.

We need to really understand what it means.

I am the bread of life.

What did Jesus mean – He was the bread of life.

What could he have meant.

(pause)

Let us analyse it step by step:

Bread sustains life.

Without food life cannot go on.

We need bread to live.

What Jesus is saying is we need him to live.

We need Him to be truly alive.

"I am the bread of life," Jesus told them.

(pause)

Real life is having a relationship with God,

A relationship of trust and obedience and love.

A relationship made possible only by Jesus Christ.

That is to say, without Jesus there may be existence, but not life.

Jesus is an essential for life,

he is the bread of life.

(pause)

The most important thing in life is to know Jesus.

The most important thing in life is to be known by Jesus.

"Those who come to me will never be hungry;

those who believe in me will never be thirsty.

(pause)

Jesus is saying to the people listening don't focus on the miracle of eating bread and fish.

There are much more important things to focus on.

Focus on me.

Focus on what I am,

Who I am.

What I can do for you.

Come to me and you will never be hungry again.

Believe in me and you will never be thirsty again.

(pause)

Who is this Jesus that they were to believe in.

They still didn't really know,

They still didn't understand.

They saw him as a miracle worker.

They didn't know him as the Son of God.

We know who Jesus is.

We know that Jesus is the Son of God, sent from above,

Jesus is the bread of life.

The one who fills us with life.

The one who gives us life.

Have we eaten of the bread that is Jesus.

Have we come to know Jesus in this most intimate of ways.

He wants us to. He wants you too.

To come and eat the living bread.

To come and know the living Lord.

(pause)

Jesus is the one that we all need if we are going to be truly alive.

'I am the bread of life," Jesus told them.

"Those who come to me will never be hungry;

those who believe in me will never be thirsty."

**John 6.35.**

(pause)

Jesus comes out and speaks in public as plainly as he has ever done in this Gospel:

he is the bread of life and coming to him will ensure that no one hungers or thirsts on the journey of following him in the world.

But such plain speaking is also off-putting,

and the crowd complain against him –

just as their ancestors did in the desert.

They claim to know who Jesus is.

He is not the bread of heaven;

he is Joseph's son,

a boy whose mother and father they know –  
so he can't be anyone special.

(pause)

Jesus is claiming that he is the source of life so many are searching for,

Again he says, 'I am the bread of life.'

But now he says that those who ate in the wilderness the first time died –

partly because they all fell under God's judgement for their lack of belief

and their desire to worship something more manageable

the golden calf.

But those who come to Jesus will never die.

(pause)

He has to say this twice, because what he is suggesting is so difficult for them to get their heads round.

How will this happen?

They will be sustained for the journey by the bread that he gives,

namely his flesh.

(pause)

And we need to share the bread of Jesus with those who have a spiritual hunger,

With those who were keen to get to know about Him.

Who were keen to come to know Him.

(pause)

Share with others what Jesus means to us.

Share the bread of our faith with those who are hungry to know.

Who want to know what our faith means to us.

Who want to know what Jesus has done in our lives.

The change he has brought to us.

(pause)

God calls us to share the bread of Jesus with others.

God calls us to take Jesus,

the bread of life,

out to the world.

(pause)

Who is God calling me to feed.

Who is God calling you to feed.

Who is God commanding you to share the bread of Jesus with.

(pause)

We share the bread of Jesus with others

But we also eat the bread of Jesus too.

Yes our call is to go out and share Jesus with all we meet.

Yes our call is to help people find and taste the living bread.

Yes our call is to love the unloved.

But unless we eat the bread too we will have no life to share.

Unless we fill ourselves,

Unless we take care of ourselves spiritually we'll have nothing to share.

Nothing to give to others.

The cupboard will be bare.

The bread bin empty.

'if you do not eat the flesh of the son of man and drink his blood, you will not have life in yourselves.'

(pause)

We need to feed on Jesus the living word if we are going to be spiritually alive.

Jesus' flesh is the real food that we all need.

If we eat his flesh and drink his blood Jesus lives in us.

If we eat his flesh and drink his blood we have eternal life.

If we eat his flesh and drink his blood we will have something to share with those who need so much.

'The one who eats this bread will live for ever.'

(pause)

you must not depend on bread alone to sustain you, but on everything that the Lord says.

We read in Deuteronomy chapter 8

Food is not all that we need to live on.

Jesus is what we need if we are to be truly alive.

We need the words of our Lord to sustain us.

(pause)

The bread of life.

The one who brings us eternal life.

“For what my Father wants is that all who see the Son

and believe in him

should have eternal life.”

(pause)

let us give thanks to God for Jesus.

The bread of life that sustains us eternally.

And as we give thanks for this bread of life that we eat,

Let us remember how we are called to share that bread of life with others.

(pause)

To share Jesus with those who don't know him.

To share Jesus with those who need him.

To share Jesus, our Saviour and Lord.

"I am the bread of life," Jesus told them.

"Those who come to me will never be hungry;  
those who believe in me will never be thirsty."

**Let us pray**

Father we thank you for Jesus,

The bread of life.

(pause)

Help us Father to always be grateful for all that we have,

And help us to share what we have with others.

To give to those who have less.

To give to those who need.

(pause)

May we learn not to rely on bread alone.

But to seek out Jesus.

And make sure that we are spiritually as well as physically fed.

And may we do all that we can to feed others physically as well as spiritually

In Jesus name we pray, **Amen.**

Every time you eat a piece of bread this week, say a short prayer thanking God for sending us Jesus – the bread of life.