



March 16, 2025
I am the Bread of Life
John 6:22-35

1. How does Jesus saying “I AM, do not be afraid” to His disciples in the midst of the storm encourage your faith as you go through storms?:

“This story is not a parable; it is a historical narrative. However, it certainly illustrates what happens when Jesus comes into our lives. Life is a time of pulling against the oars, against resistance, trying to get somewhere. However, we're not getting anywhere and we're about to be engulfed. But as soon as Jesus gets in the boat, we're home free. That's what happens when Christ comes into the lives of His people. He doesn't take away all difficulties and make our lives beds of ease, but He gets us through the darkness. He gets us through the violence. He carries us through the storm.” - R. C. Sproul, ‘John’ - St. Andrew's Expository Commentary

2. Discuss how the crowd kept missing what Jesus was saying. What were they looking for?

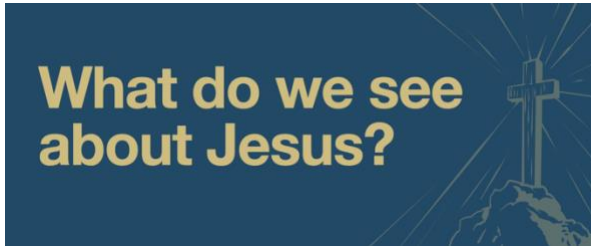
Jesus says, "Do not labor for the food that perishes." What are examples of things we "labor for" that don't last?

3. The crowd asks, "**What must we do, to be doing the works of God?**" Why do people naturally seek a works-based approach to faith? How does Jesus' answer in verse 29 inform our understanding of salvation?

4. Talk through Jesus' I AM statement in John 6:35:

- **Head:** Do you believe that Jesus is the bread of life? Why?
- **Heart:** Since He is the bread of life - What specific ways can you respond in worship and dependence to Him? How does trusting in Jesus as the Bread of Life shape your priorities and desires?

- **Hands:** How can you think of your own life differently? What ways can you live based on this reality?



Jesus is the bread of life