



# I Am The Bread of Life

March 15-21, 2026

*"Then Jesus declared, "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*

## **UNDERSTANDING**

### **READ [JOHN 6:35-40](#).**

Briefly describe Jesus' response in your own words.  
What is your understanding of what He is saying?

Explain the significance of the statement, "I am the bread of life." How do you think these verses in John 6 are a pivotal statement for Jesus and His audience?

### **READ [JOHN 6:41-59](#).**

How do you think Jesus is connecting himself to the manna that came down from heaven for the Israelites to eat in [Exodus 16](#)? Compare and contrast the manna and Jesus as "the bread of life."

Into what kind of life is Jesus inviting us? Why do you think the Jews grumbled so vehemently against the message Jesus was teaching? Why do you think His message is so difficult to accept for even some of us today?

## **FAITH IN ACTION**

On your own this week, we ask you to break bread with someone. Breaking bread is a term used when referring to having a meal. This week, we want to encourage you to share a meal with someone in your Small Group, office, class, or neighborhood, for a chance to build a stronger relationship with them.

Food has always been a connector for families and friends. It gives people a good chance to stop their busyness and relax over a fine cooked meal and have a good conversation with someone who is close to you, or that you haven't had the chance to get to know yet. Pray for God to be present in your conversation, and enjoy your time with Him and your friend!