

THAT YOU MAY BELIEVE — WEEK 4

The Gospel of John

Jesus Is the Bread of Life

John 6:16–71

6:16–21 - Jesus is present. *Do not be afraid.*

6:22–34 - Jesus is sought. *What are you really seeking?*

6:35–40 - Jesus satisfies. *I am the Bread of Life.*

6:41–51 - Jesus comes down. *The Bread from Heaven.*

6:52–59 - Jesus gives life. *Feed on Christ.*

6:60–71 - Jesus is chosen. *Will you leave too?*

As we continue our journey through The Gospel of John, take time with the **Scriptures**, think through the **questions**, process **UP** (our worship) → **IN** (our community) → **OUT** (our neighbors) →, and ask where God may be giving you an **Invitation** (Repent/turn to Him) and a **Challenge** (Believe/live for Him).

*"...these are written so **that you may believe** that Jesus is the Christ, the Son of God, and that by believing you may have life in his name" -John 20:31 (ESV)*

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SUNDAY — John 6:16–21

DO NOT BE AFRAID

Big Idea:

The disciples find themselves in the dark, struggling against the wind, when Jesus comes to them and says, “It is I; do not be afraid.” His presence changes how we face what we cannot control.

DISCUSS

- 1. The disciples are in the middle of the sea when a storm rises (6:16–18).** What kinds of circumstances can make us feel similarly overwhelmed or afraid?
- 2. Jesus comes to them in the middle of their struggle rather than preventing them from experiencing difficulty altogether (6:19).** What does that teach us about His presence in difficult seasons?
- 3. Jesus says, “It is I; do not be afraid” (6:20).** Why is knowing Who is with us sometimes more important than knowing how our circumstances will turn out?

UP → IN → OUT →

UP — Worship/Jesus:

What does Jesus' authority over creation reveal about Who He Is?

IN — Community/Church:

How can we help one another remember Jesus' presence when fear becomes overwhelming?

OUT — Mission/Neighbors:

Who around you may need encouragement that Jesus is present even during difficulty?

INVITATION

Where might God be inviting you to trust His presence rather than controlling your circumstances?

CHALLENGE

Identify one fear you are carrying today and intentionally bring it to Jesus in prayer.

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MONDAY — John 6:22–34

WHAT ARE YOU REALLY SEEKING?

Big Idea:

The crowd continues looking for Jesus, but He challenges their motives. They are seeking another meal while missing the deeper gift He came to offer.

DISCUSS

1. Jesus tells the crowd they are seeking Him because they ate the bread and were filled (6:26). What is the difference between seeking Jesus for Who He Is and seeking Him primarily for what He can give us?

2. Jesus tells them to seek “the food that endures to eternal life” (6:27). What temporary things can we mistakenly treat as our ultimate source of satisfaction?

3. When asked what work God requires, Jesus answers, “Believe in him whom he has sent” (6:28, 29). Why is believing in Jesus foundational to everything else we do as followers of Him?

UP → IN → OUT →

UP: What might your prayers and priorities reveal about what you are truly seeking?

IN: How can Christian community help us recognize when we are pursuing God's benefits more than God Himself?

OUT: How can we help our neighbors see that the Gospel offers more than temporary solutions?

INVITATION

What might God be inviting you to release as a substitute for true satisfaction in Him?

CHALLENGE

Ask yourself honestly today: **Am I seeking Jesus Himself, or primarily what I hope Jesus will do for me?**

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TUESDAY — John 6:35–40

I AM THE BREAD OF LIFE

Big Idea:

Jesus declares that He is the Bread of Life. Those who come to Him and believe in Him find the satisfaction and eternal life that nothing else can provide.

DISCUSS

1. **Jesus says, “Whoever comes to me shall not hunger, and whoever believes in me shall never thirst” (6:35).** What kind of hunger and thirst do you think Jesus is describing?
2. **Jesus connects coming to Him with believing in Him (6:35).** What does it mean to actively come to Jesus rather than simply know information about Him?
3. **Jesus says He will never cast out the one who comes to Him (6:37).** Why is that promise important for people who feel unworthy, ashamed, or uncertain about whether God would receive them?

UP → IN → OUT →

UP: How does Jesus being the Bread of Life shape your worship of Him?

IN: How can we create a community where people who are hungry for God can come honestly and encounter grace?

OUT: Who around you may be searching for satisfaction in places that ultimately cannot provide life?

INVITATION

Where is Jesus inviting you to come to Him for satisfaction instead of continuing to look elsewhere?

CHALLENGE

When you notice yourself looking to something other than Jesus for ultimate satisfaction this week, pause and intentionally turn your attention toward Him.

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WEDNESDAY — John 6:41–51

THE BREAD FROM HEAVEN

Big Idea:

Jesus does not merely provide bread—He Himself is the Bread sent from Heaven. He came down to give His life so that the world could truly live.

DISCUSS

1. The crowd struggles with Jesus' claim because they think they know where He came from (6:41, 42). Why can familiarity sometimes make it difficult to recognize Who Jesus truly is?

2. Jesus compares Himself with the manna God provided in the wilderness (6:49–51). How is Jesus greater than the temporary provision Israel received?

3. Jesus says the bread He gives is His flesh “for the life of the world” (6:51). How does this point forward to His sacrifice on the cross?

UP → IN → OUT →

UP: What does Jesus willingly coming down from Heaven reveal about His love and humility?

IN: How can we help one another remember that our deepest spiritual needs cannot be met apart from Christ?

OUT: What does it mean that Jesus came to give life “for the world,” not simply for people like us?

INVITATION

What might God be inviting you to believe more deeply about the sacrifice Jesus came to make for you?

CHALLENGE

Take time today to thank Jesus specifically for giving Himself—not simply His blessings—for your life.

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THURSDAY — John 6:52–59

JESUS GIVES LIFE

Big Idea:

Jesus uses powerful language to communicate that He is not an addition to life—He is essential for life. His death and sacrifice are the foundation of our relationship with God.

DISCUSS

1. Why do you think Jesus' words about eating His flesh and drinking His blood were difficult for His original audience to hear **(6:52–56)**?

2. Jesus repeatedly connects Himself with true life (6:53–58). What does this teach us about the centrality of Christ in the Christian faith?

3. Why do you think Jesus continues to refer to Himself as The Bread and His body/flesh as the source of eternal Life? What might He be saying about how His body will bring life **(6:48-51, 55-58)**?

UP → IN → OUT →

UP: How does Jesus' willingness to give His life for us deepen your worship and gratitude?

IN: How should our shared dependence on Christ shape the way we live together as His people?

OUT: How can our lives demonstrate that following Jesus is more than adding religion to an otherwise unchanged life?

INVITATION

Is God inviting you to move from simply appreciating Jesus to depending more completely on Him?

CHALLENGE

Identify one area where you are trying to sustain yourself apart from Christ and intentionally bring it under His leadership.

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FRIDAY — John 6:60–71

WILL YOU LEAVE TOO?

Big Idea:

Jesus' teaching becomes difficult, and many people walk away. Peter's response reminds us that following Jesus isn't always easy—but Jesus alone has the words of eternal life.

DISCUSS

1. **Many disciples say, “This is a hard saying; who can listen to it?” (6:60).** Why can difficult teachings of Jesus challenge our desire to follow Him?
2. **Jesus asks the Twelve, “Do you want to go away as well?” (6:67).** Why do you think Jesus allows people the freedom to walk away rather than forcing belief?
3. **Peter responds, “Lord, to whom shall we go? You have the words of eternal life” (6:68).** What makes this such a powerful response to difficult seasons or unanswered questions?

UP → IN → OUT →

UP: What does Peter's confession reveal about Jesus' uniqueness and worthiness of worship?

IN: How can we remain connected to one another when faith becomes difficult or when we wrestle with hard questions?

OUT: How can we honestly share the Gospel without pretending that following Jesus will always be easy?

INVITATION

Where might Jesus be inviting you to trust Him even when His teaching, His timing, or the path of following Him feels difficult?

CHALLENGE

When you encounter something about Jesus or His Word that is difficult to understand or obey, don't walk away. Bring your questions to Him, remain connected to His people, and choose again to believe: **“Lord, to whom shall we go? You have the words of eternal life” (6:68).**

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