



That You May
HAVE LIFE

A STUDY ON THE GOSPEL OF JOHN

women's
BIBLE STUDY



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LESSON *Six*

Bread of Life



In this chapter, Jesus performed His fourth sign by feeding a crowd of 5,000 with five loaves of bread and two fish. Afterwards, He said “I am the bread of life,” proving He is ultimately God’s provision for mankind! Soon after, He walked on water, His fifth sign. While His miracles were astounding, for many people Jesus’ teachings about being God were very difficult to accept. Many of His followers deserted Him, while the 12 disciples stayed, still believing Jesus is truly God.

GALILEE

The Sea of Galilee is actually a large lake located in the northern part of the country. In the Old Testament it is known as “Kinnereth,” which means “lyre,” a nod to the shape of the lake.²⁹

MIRACLE

Feeding the 5,000 is the only miracle recorded in all four Gospels in Scripture. In the Gospel of John this is Jesus’ fourth sign out of seven.

5,000 MEN

The text only mentions the number of men in attendance. This means if you include women and children, then the number of people Jesus fed was actually more than 5,000.

DENARII

“Two hundred denarii constitute roughly eight months’ wages since one denarius was about one day’s pay.”³⁰

Read John 6 before answering the following questions.

1. Considering the entire chapter, why might the crowds want to follow Jesus? Why might they choose to abandon Him?

<p><i>Reasons some followed Jesus</i></p>	
<p><i>Reasons others abandoned Jesus</i></p>	

Read John 6:1-21.

2. Jesus, who had been sitting with His disciples, saw a crowd coming and had compassion on them. How did Jesus respond? What was He trying to help Philip see when He asked him to buy bread?
3. The disciples did not understand that Jesus was the solution to all their needs. They had a physical problem, hunger, and were looking for a physical solution, bread. Where do you tend to limit or underestimate Jesus’ ability to help with your problems? In what situation do you need to recognize that Jesus is the answer to your problem?

- Describe the scene on the lake (Verses 16-21) where Jesus performed His fifth sign. How would you have felt if you were the disciples in the boat? What was Jesus revealing about Himself?

Read John 6:22-58.

- Much of this section assumes some knowledge of the Old Testament. Read the following passages and write down what you learn in each:

Exodus 16:2-4, 14-21

Nehemiah 9:15-16

In what ways is Jesus, the bread of life, similar to manna? How is He greater?

- Using the chart below, explain the main idea of each passage in just one or two sentences or phrases.

SCRIPTURE	MAIN IDEA
6:22-24	
6:25-34	
6:35-48	
6:49-58	

MANNA

“Jesus is persuaded that far too much attention has been lavished on Moses, and far too little on God himself, the ultimate supplier of the true bread of heaven.”³¹

“I AM” STATEMENTS

Throughout the book of John, Jesus makes seven distinct, absolute claims about Himself using the phrase “I am...” Each “I am” statement highlights an aspect of God’s character. These words reference Exodus 3:14 when God revealed Himself to Moses. Watch for these claims as you continue your study.

SCRIPTURE MEMORY

Turn to the back of the curriculum to find Scripture memory cards of all the “I Am” statements. This is a perfect way to challenge yourself to memorize God’s Word as you study the book of John!

7. Read verses 28-29 in the space below and underline what stands out to you.

“Then they said to him, ‘What must we do, to be doing the works of God?’ Jesus answered them, ‘This is the work of God, that you believe in him whom he has sent.’”

Belief in Jesus is a key theme throughout the book of John. How is this belief considered the “work of God”?

8. In this section, Jesus claims “I am the bread of life.” In your own words, what does this mean?

Does this truth impact your day-to-day life? What steps can you take to continue to deepen your belief in this area?

“The atoning work of the Son, decreed by the Father and applied by the Spirit, ensures that we are safe eternally. But a text such as John 6:37 reassures us that this is not only a matter of divine decree but divine desire....Come to me, says Christ, I will embrace you in my deepest being and never let you go.”

– Dane Ortlund³²

9. Jesus uses many metaphors in this section. Compare verses 40 and 54. Explain what Jesus is talking about when He says, “feed on my flesh” and “drink my blood.”

10. Jesus, God Himself, says that He is all you need to be fully and completely satisfied. Where in your life recently have you experienced this true satisfaction? If you haven’t experienced satisfaction in Christ recently, why do you think this is? (see also Psalm 107:9; See Appendix: Satisfaction)

Read John 6:59-71.

11. Why did so many disciples leave Jesus after this teaching? What about His teaching is difficult for you?
12. Place yourself in this scene. Imagine you were one of the people standing in the crowd, listening to Jesus speak. You hung on His every word, soaking up His message. How would you recount this message to a friend? What details would you be sure to include?
13. When asked if the disciples also wanted to abandon Jesus, Peter claimed, “Lord, to whom shall we go? You have the words of eternal life...” In saying this, he made one of the greatest confessions of Jesus in the New Testament. When have you felt like Peter in this moment? When things get hard, where else do you turn for help besides Jesus? What can you do to turn to Him in these moments?

JEREMIAH 31:14

“I will feast the soul of the priests with abundance, and my people shall be satisfied with my goodness, declares the LORD.”

DISCIPLES

In the Gospels, the word “disciple” can be used generally, as in verse 60, to describe followers of Jesus, or more specifically to describe the 12 Jesus trained during His ministry.

VERSE 67

“The question is not moody, glum, but a challenging, ‘surely you don’t want to go away too, do you?’ The question is asked more for their sake than his.”³³

MOSES

Jesus was not simply greater than Moses or the manna God sent from heaven. He was the “Holy One of God,” the true bread sent by God to save the souls of men.

ACTIVITY

Jesus claims He is the bread of life, our true satisfaction. Turn to page 63 for an optional activity on finding satisfaction in Christ.

BIG IDEA

What is your biggest takeaway from this week's lesson?

Review: Jesus' Seven I Am Statements

Jesus makes seven distinct "I am" statements in the book of John. Each time you encounter a new one, there will be a review at the end of the lesson. Repetition helps the information stick. In this case, this exercise can help remind you exactly who God is in moments when you most need it. Also, don't forget the Scripture memory cards in the back with these verses!

I am the _____ of _____. (John 6:35, 48)

OPTIONAL ACTIVITY: Satisfaction in Christ

Over the last few weeks, you have learned about finding life and satisfaction in Christ alone. Jesus said that all who drink from Him will never be thirsty again (John 4:13-14). He goes on to call Himself the “bread of life” (John 6). This means He is the only one who can totally and completely fulfill you. However, everyone struggles with the temptation to seek satisfaction in the world. Even if you have accepted and trusted in Jesus as your Savior, your flesh, or human nature, remains tempted to look outside of God for life. You might seek satisfaction in seemingly good things, like your role as wife or mom, serving in the church, or your job. You can also look for life in things like food, alcohol, money, power, and relationships. All people have a tendency to look for hope, fulfillment, comfort, and satisfaction outside of God.

Pray and ask God to open your eyes.

1. What does it mean that Jesus is the way to true life and satisfaction? What does it not mean?

2. Where are you most often tempted to find life, comfort, and/or satisfaction outside of God? (To help you answer this question, consider: Where do you turn when things get hard? Where do you look for comfort? Where do spend most of your time and energy? What thoughts do you tend to dwell on? What brings you pride? When are you most content?)

3. Considering your answer above, why do you think you are drawn to these things?

4. How do you feel when you give into this temptation? How do you feel when you resist and instead turn toward God?

***“You make known to me the path of life; in your presence there is fullness of joy;
at your right hand are pleasures forevermore.” – Psalm 16:11***

** Activity continued on the next page.*

Notes