

**Read: John 6:41-51**

## Eat the Right Bread

### **John 6:43, 47-51**

“Stop grumbling among yourselves,” Jesus answered. “Very truly I tell you, the one who believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, yet they died. But here is the bread that comes down from heaven, which anyone may eat and not die. I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world.”

*In the name of the Father and of the Son and of the Holy Spirit. Amen.*

“How can it be?” they thought. “This doesn’t make any sense!”

The Jewish people were frustrated, confused, and upset. Jesus recently fed more than 5,000 people with an amazing miracle. Now many came to him because they wanted more—more food, more miracles, more amazing things. They wanted Jesus to be an earthly king to give them whatever they wanted.

That’s when Jesus told them they were looking for the wrong kind of bread. Jesus said that he was the “bread of life” who came from heaven. This is what confused them. How could Jesus say he came from heaven? Wasn’t he the carpenter’s son from Nazareth? How could he say he came from God if he looks like another ordinary person? How could Jesus be special if he wouldn’t give them the things they wanted?

Do you ever have this problem with Jesus? Wouldn’t it be nice if Jesus immediately healed you every time you got hurt? What if Jesus made it so that you never got sick? Or what if Jesus made you rich with lots of money? Sometimes, like the Jews, we want Jesus to be more of an earthly king than a heavenly king.

Jesus reminds us today that we shouldn’t only look for earthly “bread.” Jesus will provide food and clothing and other daily needs. But Jesus reminds us that he gives us something better—himself.

Why is this so important? Well, the Jews of old ate lots of miracle bread called manna, but they still died. We too can have all the best food and possessions and money, but we too will die. That’s why we need a different bread. We need Jesus, the bread who gives life. We need Jesus who conquered sin and death at the cross. We need Jesus who rose from the dead. We need Jesus who gives us a place with him in heaven.

When we eat this bread called Jesus, we aren't just feeding our bodies. We are feeding our souls. Fill up every day on Jesus, the Bread of Life, and know the life that he gives in his name.

*The questions below are to help families discuss this devotion. The questions are divided by age group as suggestions, but anyone could reflect on any of the questions as they desire.*

### **Questions for the Younger Children**

- What is your favorite thing in your house?
- Why is Jesus more important than that thing or anything else?

### **Questions for Elementary Age Children**

- What were the Jewish people looking for from Jesus? Why?
- Why do worldly things sometimes lead people away from Jesus?

### **Questions for Middle School and Above**

- Compare and contrast Jesus, the Bread of Life, to regular bread.
- Discuss how your family can better feed on Jesus, the Bread of Life, together.

### **Closing Prayer:**

Dear Jesus, help us to grow in faith by feeding on you in your Word. Amen.

### **Hymn: CWS 750:1-2 – Christ, the Word of God Incarnate**

Christ, the Word of God incarnate, Lord and Son of Abraham;  
Christ, the radiance of the Father, Perfect God, the great I Am;  
Christ, the Light, you shine unvanquished, Light and life you bring to all;  
Light our path with your own presence, Grant us grace to heed your call.

Christ, the living bread from heaven, Food for body, food for soul;  
Christ, the manna, daily given, Nourish, strengthen, make us whole.  
Feed us with the food of heaven, Foretaste of the feast to be;  
Quench our thirst with living water Springing up eternally.