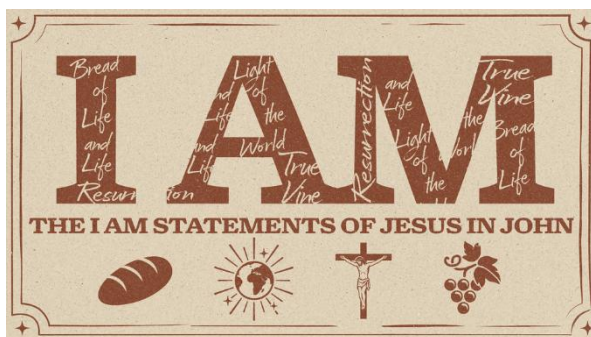




Bread of Life

Week 1 – I Ams – 9/13/2026

Welcome and Prayer

PASSAGE: John 8:48–59 – what does Jesus claim here about himself?

⁴⁸The Jews answered him, “Are we not right in saying that you are a Samaritan and have a demon?” ⁴⁹Jesus answered, “I do not have a demon, but I honor my Father, and you dishonor me. ⁵⁰Yet I do not seek my own glory; there is One who seeks it, and he is the judge. ⁵¹Truly, truly, I say to you, if anyone keeps my word, he will never see death.” ⁵²The Jews said to him, “Now we know that you have a demon! Abraham died, as did the prophets, yet you say, ‘If anyone keeps my word, he will never taste death.’ ⁵³Are you greater than our father Abraham, who died? And the prophets died! Who do you make yourself out to be?” ⁵⁴Jesus answered, “If I glorify myself, my glory is nothing. It is my Father who glorifies me, of whom you say, ‘He is our God.’ ⁵⁵But you have not known him. I know him. If I were to say that I do not know him, I would be a liar like you, but I do know him and I keep his word. ⁵⁶Your father Abraham rejoiced that he would see my day. He saw it and was glad.” ⁵⁷So the Jews said to him, “You are not yet fifty years old, and have you seen Abraham?”

- Jews accusing Jesus of having a demon, insult – Samaritan.
- Claims – who keeps word will bring eternal life, Father (God) glorifies him (approves).
- Abraham in OT, respected figure, father of the nation—looked forward to my day—Messiah OT pointed toward.
- Jesus said, “you do not know the Father of Abraham”
 - Called them Liars, said that they do not know God – this caused great anger in them.

In this passage, Picture scene!

- May have been, shouting, anger, hush—raises his hand, says, v 58.

⁵⁸Jesus said to them, “Truly, truly, I say to you, before Abraham was, I am.”

- This was a bold statement and landed on them strongly.

⁵⁹ So they picked up stones to throw at him, but Jesus hid himself and went out of the temple.”

- **Reaction**—wanted to stone him, kill him, **why so strong?**
 - Claiming to be God! This is called blasphemy, penalty in the OT was capital punishment by stoning (Lv 24:16; Deut 13:6-11).
 - But not by mob violence, but by a just judgment, witnesses/leaders (Deut 17:2-7).

Another part of the reason their reaction... so strong OT connection.

- This phrase has a strong, clear, obvious connection to the OT.
- Background is important to understand their strong reaction.
- Important phrase in Greek (I am)...same phrase was used in the Septuagint—Greek translation of the OT that many used then.
- They knew the phrase he was using in Greek was a clear reference to the burning bush scene with Moses where God calls himself the I AM. (Exodus 3:14)

Background, burning bush Exodus 3:1–17 ... [summarize]

¹ Now Moses was keeping the flock of his father-in-law, Jethro, the priest of Midian, and he led his flock to the west side of the wilderness and came to Horeb, the mountain of God. ² And the angel of the Lord appeared to him in a flame of fire out of the midst of a bush. He looked, and behold, the bush was burning, yet it was not consumed. ³ And Moses said, “I will turn aside to see this great sight, why the bush is not burned.” ⁴ When the Lord saw that he turned aside to see, God called to him out of the bush, “Moses, Moses!” And he said, “Here I am.” ⁵ Then he said, “Do not come near; take your sandals off your feet, for the place on which you are standing is holy ground.” ⁶ And he said, “I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob.” And Moses hid his face, for he was afraid to look at God.

⁷ Then the Lord said, “I have surely seen the affliction of my people who are in Egypt and have heard their cry because of their taskmasters. I know their sufferings, ⁸ and I have come down to deliver them out of the hand of the Egyptians and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the place of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. ⁹ And now, behold, the cry of the people of Israel has come to me, and I have also seen the oppression with which the Egyptians oppress them. ¹⁰ Come, I will send you to Pharaoh that you may bring my people, the

children of Israel, out of Egypt.” ¹¹ But Moses said to God, “Who am I that I should go to Pharaoh and bring the children of Israel out of Egypt?” ¹² He said, “But I will be with you, and this shall be the sign for you, that I have sent you: when you have brought the people out of Egypt, you shall serve God on this mountain.”

[Read, they can turn to Bibles]

¹³ Then Moses said to God, “If I come to the people of Israel and say to them, ‘The God of your fathers has sent me to you,’ and they ask me, ‘What is his name?’ what shall I say to them?” ¹⁴ God said to Moses, “I am who I am.” And he said, “Say this to the people of Israel, ‘I am has sent me to you.’ ” ¹⁵ God also said to Moses, “Say this to the people of Israel, ‘The Lord, the God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you.’ This is my name forever, and thus I am to be remembered throughout all generations.

- Moses asks for God’s name – so he can tell the people who has sent, promise.
- God identifies himself – God of your fathers, Abraham, Isaac, Jacob.
- God reveals himself to be “Yahweh” , Hebrew consonants YHWH, and this phrase “I Am who I am,” both are built on the same Hebrew word (*hyayh*).
- God shares his name, three ways:
 1. “I Am who I am” (14)
 2. Tell the them “I Am” has sent you (14)
 3. Tell them “Yahweh...has sent me to you...this is my name forever.” (15)

What does “I am who I am” mean? (implications)

- What other attributes of God does this phrase cover/attached to?
- Ever considered this? When God says “I am who I am” what does this reveal about God, his character or works? Six quick attributes.

1. God is Self-existent

He is independent, not dependent on anyone for his existence. His being is grounded in only himself. No reality exists behind God—His personality and power is owing solely to himself.

2. God is Creator and Sustainer of all that exists –

Acts 17:28 – “In him we live and move and have our being.” All power and energy in the universe flows from God. We must conform to God, not He to us. There is objective reality, He defines it.

3. God is Unchanging

He is immutable, being and character have always remained consistent. Four aspects of God as unchanging: character, nature, purposes, and promises.

4. God is Eternal

God is not a created being, and is not subject to the limitations of time. God has always existed and will always exist, so it is not “I was” or “I will be” But “I AM” – “I was, I am now, and I will always be.” God exists, period.

5. God is the LORD

He rules, reigns, and is the king and master of universe.

- See this in verse 15, 16 – Say to the people Yahweh has sent you, This becomes the proper name for God.
- Yahweh then becomes translated as LORD.
- Yahweh sounds in Hebrew like a form of the verb “to be” or here “I am.”
- English translations put YHWH as the LORD in all capitals in the OT. Used 6,828 times in the OT.
- Also “Lord” in Greek becomes a title for Jesus—The Lord Jesus Christ.

(so Self-existent, creator, eternal, unchanging, Lord) But most importantly,

6. God is Present with his people!

- **Main focus** of this passage... a nuance of I AM is “I will be”... meaning, I will be with you!
- God tells Moses he will be with him, his people, to be their God – save, provide, protect, guide...bring them out of Egypt/captivity and into the promised land.
- **God is saying**, “I have promised this and I will see it through! I will be with you!”

So, when we get to Jesus in **John 8**, and other places he uses this phrase, all this background is loaded in this phrase—self-existence, creator, sustainer, unchanging, eternal, rules/reigns, present with his people—all things that are ultimately fulfilled in Jesus!!

In John, Apostle John uses phrase, “I Am” 23x in the Greek is (ego eimi, Εγώ εμι),

- It is used for emphasis, phrase itself serves as a repetition,
- Literally means “I, yes I, Am.”

This phrase is used in three ways in John:

1. Absolute statements

- Like in our passage today Jn 8, points to his self-existence and eternal nature (6:20, 8:24, 18:5) “Before Abraham was, I AM” (8:58).

2. Uncertain statements – (uncertain predicate, no predicate)

- Also used when people are uncertain.
- Example - 6:20, walks on water, disciples were scared and uncertain, to comfort them, Jesus said, “It is I.” ...Do not be afraid. (seven of these)

3. Metaphorical statements (there’s a predicate) I am ____ . Descriptor.

- The absolute I am added to seven powerful metaphors to describe who Jesus is.
- So these are clear statements that Jesus is God, I am, and added to this are the powerful metaphors/images, added to the absolute phrase.

BREAD OF LIFE

*I am the Bread of Life; whoever comes to me shall not hunger,
and whoever believes in me shall never thirst.*

John 6:35

- Jesus gives spiritual life to our longing souls. Whoever comes to him and believes, he gives eternal life. Jesus satisfies the hunger in our souls to be filled and to belong.
- When we hunger to belong, when we are dry spiritually, Jesus fills us with his presence and satisfies our deepest need for relationship. We are assured of the abundant spiritual life we have in him, both now and forever.

Old Testament Background – five texts

(Exodus 16:31-36; Psalm 78:20-25; Psalm 105:40; Nehemiah 9:15; Isaiah 55:1-7).

Exodus 16:31–36

Context – early in the wilderness journey, they grumbled and complained about being thirsty and hungry, so God provided the manna.

- An abundant provision for 40 years, even though they grumbled and complained, disobeyed continually, God stayed faithful to provide!
- **Numbers 11**, the people are still grumbling (they had just set out from Mt. Sinai), “there is nothing but this manna to look at.”
- “I fed you” – it was God who did it, He fed.

- “to be kept throughout your generations.” (33)
- A very important sign, to show God’s provision and faithfulness to future generations!
- Kept some and put in ark eventually (Ex 25:16; Heb 9:4 “in a gold urn”)

Psalm 105

- Reflects on the Lord’s deliverance out of Egypt and the many blessings of provisions.
- One of them is manna – and it was given in “abundance.”! (verse 40).

Nehemiah 9:15 (and context)

“You gave them bread from heaven for their hunger and brought water for them out of the rock for their thirst,”

- Context – stiffened neck, did not obey, refused to obey...but it says in verse 17, “God did not forsake them.”
- It was a gift for their hunger – Jesus is God’s gift to satisfy spiritual hunger.
- It ultimately showed verse 17b... “But you are a God ready to forgive, gracious and merciful, slow to anger and abounding in steadfast love, and did not forsake them.” IN Jesus!
- The NT also mentions the rock that was struck to provide water
 - The rock was Christ, he provides for their thirst (1 Cor 10:4).
- Christ is the bread and the rock, the source of spiritual sustenance!

Psalm 78:12-25

- Goes through the history of Israel, highlights their rebellion, did not trust God. “Yet he commanded the skies above and opened the doors of heaven,²⁴ and he rained down on them manna to eat and gave them the grain of heaven.²⁵ Man ate of the bread of the angels; he sent them food in abundance.” (23-25)
- God “rained down” spiritual sustenance in Jesus!

Isaiah 55:1-3, 6-7

“Come, everyone who thirsts, come to the waters; and he who has no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Listen diligently to me, and eat what is good, and delight yourselves in rich food. Incline your ear, and come to me; hear, that your soul may live; and I will make with you an everlasting covenant, my steadfast, sure love for David... “Seek the LORD while he may be found; call upon him while he is near; let the wicked forsake his way, and the unrighteous man his thoughts; let him return

to the LORD, that he may have compassion on him, and to our God, for he will abundantly pardon.”

- Very similar to our key verse! “I am the bread of life, whoever comes to me shall not hunger...shall not thirst.”
- The call here is to be satisfied in God, and ultimately his Son Jesus, the bread of life. Seek the Lord, call upon him, and forsake wickedness.
- The everlasting covenant with David, fulfilled in Christ, descendant of David who secured our forgiveness by his sacrifice so we could be filled, satisfied!
- The promise of compassion and abundant pardon, forgiveness of sins.
- Ultimately we are pardoned and forgiven in Christ!

So, some summary questions and answers

1. How does the Bible describe manna?

Grain of heaven, rained down in abundance, bread of angels, coriander seed – white – wafers and honey (sweet), heavenly food, good for you, provided for forty years.

2. For what purposes did God send the manna?

For their hunger, it was a mercy, on heels of unbelief and disobedience – “I fed you,” preserved in ark for future generations as a testimony to God’s provision & faithfulness, learn to trust in God each day for life (14,600 days).

3. Jot down any other important information about manna.

They didn’t deserve it – complained a lot. Means, “what is it?!”

4. Question for group or partners. What are some parallels between these OT passages about manna, and Christ. How does all this relate to Jesus Christ, who said, “I am the bread of life”?

- Jesus is eternal, spiritual sustenance.
- Jesus is Word of God, it is sweeter than honey.
- Jesus is heavenly, come down from God as a gift.
- Manna commanded from heaven, Jesus is the Word sent from heaven.
- We don’t work for the gift of Jesus’ forgiveness, we receive. It comes, we believe.
- Jesus is a mercy for us on the heels of our disobedience.

New Testament: I Am the Bread of Life, John 6.

Context – After the feeding of the 5,000, bread and fish for everyone!

- Many people seeking Jesus, interested in what he would do next.

Read John 6:22-59

Thoughts from the text

- Book of Signs (John 20:30-31) – v26, 30 – You saw “signs,” we have manna as a “sign,” what do you have? Jesus one upped them!
- Jesus exclaimed, I am what your sign, the sign of manna pointed to!
 - I am The Bread of Eternal Life!
- John Piper says, “Jesus came not to give bread but to be bread.”
- “Jesus is the “bread of life” in the sense that he nourishes people spiritually and satisfies the deep spiritual longings of their souls... their spiritual longing to know God will be satisfied.” (Köstenberger)

Key verses are 32-35, 47-51

- Given by God from heaven, bread is Jesus, gives eternal life (never hunger or thirst spiritually)
- How is this possible? Verse 51 **[read]** – through sacrifice of his life, body and blood on the cross, “flesh and blood”

“The preposition in ‘*for* the life of the world’ (*hyper*) is repeatedly found in a sacrificial context in the Fourth Gospel... Jesus himself is the one who gives his flesh: his sacrifice is voluntary (*cf.* Heb. 9:13–14). And since it is *for the life of the world*, his sacrifice is vicarious.” (in the place of another) (D.A. Carson on 6:51).

- Luke 22:19-20 is very similar sacrificial language. My body, which is given **for** you...cup, poured out **for** you is the new covenant in my blood.

What is the Result, so that... (same group, two ways to describe)

- (1) everyone who the Father has given Jesus, who the Father draws (37, 44).
- (2) everyone who believes in Jesus (47), that’s the “work” Jesus refers to.

“The only “work” that guarantees the possession of this redemptive manna is to believe in Jesus (John 6:29). The gospel sabotages any notion of legalism or performance-based acceptability with God. The only thing we bring to Jesus is our need. All we offer is the admission that we have nothing to offer.”

(D.A. Carson on 6:35)

- We don’t work for our salvation, the “work” is not doing good deeds at all, it is belief, trust, faith in HIS work.

“To “eat” Jesus’ flesh has the spiritual meaning of trusting or believing in him, especially in his death for the sins of mankind... to “drink his blood” means to trust in his atoning death, which is represented by the shedding of his blood.”
(Kostenberger on 6:52)

Quick Summary – 4 S

1. Jesus Saves (47)
“whoever believes has eternal life.”
2. Jesus Satisfies (35)
“whoever comes to me...shall not hunger...never thirst”
3. Jesus secures (37, 39)
“whoever comes to me I will never cast out.”
4. Jesus seeks (Luke 19:10)
They were seeking Christ, but he is the one who seeks us, to save. “The son of man came to seek and save the lost.” (Luke 19:10).

BIG IDEA

The sign of manna pointed to Jesus. Jesus is God’s abundant provision of eternal life. Everyone who believes in him has eternal food - life forever.

- Jesus’ body was given and blood was spilled to provide life.
- So he gives eternal life to those who believe in him, eternal food forever.
- No more spiritual hunger!

“Jesus becomes this spiritually satisfying “bread” by sacrificing his own physical body in his death on the cross.”
(Kostenberger on 6:51)

Additionally, Jesus feeds us with his Word, as we hunger and thirst for righteousness.

- Jesus is also the Word of God, his Words provide life and sustenance – blessed are those who hunger and thirst, they will be satisfied!

Summary Chart

Source	From God, heaven	32-33
Sign	Manna, to Israel for their hunger	30
Fulfillment	Jesus, to those who believe for their spiritual hunger	33, 35, 51
Gift	Eternal life, they will be raised on the last day	27, 40, 51 & 39-40, 44
Means	Jesus' flesh & blood accomplished the atonement for sin	51, 54
Recipients	Those the Father draws & gives Jesus	37, 44
The Work	Faith/belief, those who believe and come to Jesus	29, 35, 37, 40, 47
Scope	The world – whoever comes, whoever believes	33, 35
Assurance	None given to Jesus will be cast out or lost	31, 39

Application Time

- What sources of temporary satisfaction do you seek to satisfy your hungers and thirsts (i.e. approval, success, selfish desires)? How can you seek to be more satisfied in Christ, the Bread of Life?
- How are you feeding on Jesus, how can you taste and see he is good?
- How will you hunger and thirst for righteousness this week?

Growth Project

- Take time to do deeper study and meditation on Isaiah 55:1-6 and how it relates to Christ as the Bread of Life.