

# DISCUSSION GUIDE

Week 1: The Bread of Life: A disciple believes Jesus is their provision

Main Idea: Jesus Christ is the source of eternal spiritual nourishment, just like bread sustains physical life.

John 6:35-51

“God said to Moses, ‘I AM WHO I AM. This is what you are to say to the Israelites: ‘I AM has sent me to you’” (Exodus 3:14).

## **OBSERVATION: WHAT DOES IT SAY?**

Gather in groups of three to five people and discuss the Observation and Interpretation sections.

Observation Exercise 1: Jesus’s central claim

Read John 6:35. What claim did Jesus make about Himself, and what two promises did He attach to coming and believing?

*Suggested Response: Jesus said, “I am the bread of life.” He promised that the one who comes to Him will never go hungry and the one who believes in Him will never be thirsty.*

Observation Exercise 2: The crowd’s response to Jesus

Read John 6:36-40. What contrast did Jesus describe between seeing Him and coming to Him. What did He say would happen to those who do come?

*Suggested Response: Jesus said the crowd had seen Him but did not believe. He then said those given to Him by the Father would come to Him, that He would not drive them away, and that He would lose none of them but raise them up on the last day.*

Observation Exercise 3: Bread from heaven

Read John 6:41-42 and 48-51. How did the people respond to Jesus’s words, and how did Jesus describe the bread He offered in contrast to the manna?

*Suggested Response: The people grumbled and questioned Jesus’s claim to have come down from heaven. Jesus said their ancestors ate manna and died, but He was the living bread from heaven, whose flesh He gave for the life of the world, and whoever ate it would live forever.*

## INTERPRETATION: WHAT DOES IT MEAN?

### Interpretation Exercise 1: The bread of life

In John 6:35, why did Jesus talk about hunger and thirst as being resolved by coming to and believing in Him rather than by receiving something from Him?

*Suggested Response: Jesus was teaching that the deepest human need is not solved by temporary provision but by eternal relationship. By tying hunger and thirst to coming and believing, He showed that life is found in trusting Him personally, not in receiving benefits apart from Him. The problem with the crowd was not lack of evidence but misplaced desire.*

### Interpretation Exercise 2: Understanding the crowd's response

In John 6:36-40, why do you think Jesus connected the crowd's unbelief with the Father's work rather than with a lack of evidence or understanding?

*Suggested Response: Jesus connected the crowd's unbelief to the Father's work to show that faith is not produced by signs or arguments alone. Their resistance was not due to a lack of information but to a deeper inability to receive what God was revealing. By pointing to the Father's role, Jesus explained both why the crowd resisted and why those who do come can be confident they will be kept.*

### Interpretation Exercise 3: Jesus and manna

Looking at John 6:41-42, 48-51, how was Jesus contrasting Himself with the manna in the wilderness? What does this reveal about the kind of life He has come to give?

*Suggested Response: Jesus used the manna to show that God's earlier provision was real but incomplete. It sustained life temporarily but did not overcome death. By presenting Himself as the living bread who gives His own life for the world, Jesus revealed that He brings a deeper, lasting life that the wilderness generation never experienced.*

## **APPLICATION: HOW DO I RESPOND?**

Question 1: As you read John 6:35–51, what stuck out to you most? Was there anything specific you believe God was communicating to you through this passage?

*Suggested Response: Responses will vary. Use follow-up questions to invite deeper sharing.*

Question 2: Jesus spoke to people who wanted bread but resisted trusting Him. Where do you notice yourself wanting God's help without wanting deeper dependence on Him?

*Suggested Response: Some may recognize a tendency to pray mainly for outcomes while avoiding surrender. Others may notice they want God to fix a situation without changing their posture of trust. This question helps expose places where faith becomes transactional rather than relational.*

Question 3: When life feels uncertain or draining, what do you instinctively turn to first to steady yourself? What does that suggest about where you look for life?

*Suggested Response: This question uncovers the habits and instincts people rely on when life feels unstable. It helps reveal where we look for steadiness, comfort, or identity apart from Christ, often without realizing it. The goal is not to shame those responses but to gently uncover what we expect to sustain us when pressure rises.*

Question 4: The crowd struggled with Jesus because He did not fit their expectations. Where do you find Jesus difficult to trust or accept on His terms rather than your own?

*Suggested Response: Resistance often shows up in subtle ways rather than open rejection. It can surface as frustration when prayers go unanswered, discomfort when Jesus calls for surrender, or hesitation when trusting Him means giving up control. Paying attention to these reactions helps us see where trust is being tested and where faith is still forming.*

Question 5: What is one concrete way you could practice depending on Jesus as your source of life this week? How could our group support or share in that step with you?

*Suggested Response: Personal steps might include setting aside intentional time to listen and pray, naming a specific area of worry to entrust to Jesus, or slowing down a decision to seek His guidance. Group support could look like praying for one another by name, checking in midweek, or simply creating*

*space to follow up next time. The emphasis is on shared encouragement rather than pressure, reminding one another that learning to depend on Jesus is something we walk out together.*