

I am the bread of life

John 6:27-40

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Jesus claim about himself here, and what is the crowd actually looking for when he says it?

2. What does it show me about people — and about myself?

If Jesus really is the bread of life, what have you been trying to fill yourself with instead?

3. What will I obey this week? (a concrete step, with a day)

What will you set aside this week so you can come to Jesus with your real hunger?

4. Who will I tell?

Who do you know who is hungry for something more, with whom you could share this?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Jesus, you said that whoever comes to you will never go hungry. I have chased so many things that never satisfy — today I come to you.



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