

# Sermon Outline

**“LIFE IN HIS NAME”:**  
THE PURSUIT OF WHOLENESS AND THE GOSPEL OF JOHN

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## **BREAD FROM HEAVEN** (JOHN 6:22-35)

### **I. Introduction**

### **II. A Day of Glories (Jn 6:1-21)**

- A. The day before the events in verses 22-35, the Lord Jesus had miraculously multiplied five loaves of bread and two fish to feed approximately five thousand hungry people (vv 11-13).
- B. The people were so impressed by what Jesus had done that they wanted to make him a king right away.
- C. Since their idea of kingship was not quite what God had in mind for his Son, Jesus withdrew to the mountains to get away from the crowds (v 15).
- D. When evening came, the disciples got caught in a storm on the Sea of Galilee.
- E. Jesus walks on water to get to them, demonstrating that he is the true King of the universe: “It is I; do not be afraid” (v 20).

### **III. Stalking Jesus (Jn 6:22-24)**

- A. The crowds are dead-set on Jesus being their king. They started *stalking Jesus*.
- B. They travel to the Capernaum to seek out Jesus (vv 23-24).  
Jn 6:23-24: “Other boats from Tiberias came near the place where they had eaten the bread after the Lord had given thanks. <sup>24</sup> So when the crowd saw that Jesus was not there, nor his disciples, they themselves got into the boats and went to Capernaum, seeking Jesus.”
- C. Eventually, the crowd arrives on the Capernaum.
- D. After some searching, they found Jesus teaching at a synagogue (cf. 6:25, 59).

#### IV. Work for the Right Food (Jn 6:26, 27)

A. Jesus knew exactly what they wanted.

Jn 5:26: “Jesus answered them, “Truly, truly, I say to you, you are seeking me, not because you saw signs, but because you ate your fill of the loaves.”

B. Verse 26 shows how Jesus intends for his miracles to be interpreted.

1. Jesus’ miracles are not to be seen as *ends* in themselves, but as *signs* pointing the way to something greater and far more enduring.

C. Jesus knew that the people were seeking him not because they saw the miracle as a sign pointing to Jesus himself. They were seeking him because they saw the miracle merely as the multiplication of bread, the provision of earthly food.

1. Implication: They were seeking Jesus because they wanted more bread.

2. They were probably thinking that if Jesus could multiply bread once, surely he could be persuaded to do it again.

D. The Lord does not share the people’s opinion.

Jn 6:27: “Do not work for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you. For on him God the Father has set his seal.”

1. Jesus is telling the people that they should not...

- fix their eyes only on earthly bread or earthly sustenance.
- slave merely for physical sustenance (important as that is).
- be consumed in the pursuit of earthly pleasures.

2. Instead, Jesus calls us to go for the food that will last forever, “the food that endures to eternal life...”

3. The One who will give them this food is the heavenly Son of Man on whom God has set his seal of approval, whom God has appointed the Savior of the world.

#### V. That You Believe in Him (Jn 6:28)

A. The people want to know what work God requires people to do to gain the food that leads to eternal life (v 28).

B. Jesus’ response:

Jn 6:29: “Jesus answered them, “This is the work of God, that you believe in him whom he has sent.”

C. The work that God requires of us to gain the food that leads to eternal life is simply *belief, faith, or trust* in the Savior whom God has sent, Jesus Christ.

D. If the people place their faith in Jesus, they will receive the food that will never run out (and never betray them or cause them to die of food poisoning).

## VI. More Proof Required (Jn 6:30)

- A. At this point, there seems to be a shift in the people's attitudes toward Jesus.
1. It has occurred to them that Jesus is not going to give them what they want.
    - a. He is not going to be their kind of king/leader.
    - b. He is not going to be their bread-making machine.
  2. The people now ask Jesus for more proof.  
Jn 6:30: "So they said to him, "Then what sign do you do, that we may see and believe you? What work do you perform? "
- B. This question seems odd, because only yesterday they had seen Jesus miraculously feed the five thousand. Apparently, that was not enough proof for the people.
- C. The people suggest to Jesus what exactly would truly convince them that he is who he says he is.  
Jn 6:31: "Our fathers ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'"
1. The people want Jesus to produce a miracle similar to the one the prophet Moses did.
  2. If Jesus is who he says he is—if he is the true successor to the prophet Moses—then he ought to be expected to perform a similar miracle as the one Moses did. (Never mind the fact that Jesus had only just yesterday multiplied five loaves of bread and two fish to feed five thousand people!)

## VII. "I Am the Bread of Life" (Jn 6:32-35)

- A. Jesus responds to their request. If they want miraculous food from heaven, he will give it to them. (Whether they recognize the food when it comes is another story.)
- B. Jesus tells them that the true or ultimate bread of God comes down to the world from God and heaven.  
Jn 6:32-33: "Jesus then said to them, "Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven. <sup>33</sup>For the bread of God is he who comes down from heaven and gives life to the world."
- C. The people ask Jesus to give them this bread.  
Jn 6:34: "They said to him, 'Sir, give us this bread always.'"
- D. If believing Jesus is what will give them food that endures forever, then they want Jesus to give them that food.

- E. The Bread of heaven, the Food from God is...Jesus himself!  
Jn 6:35: “Jesus said to them, ‘I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.’”

## VIII. The Food of Eternal Life

- A. Eternal life is indestructible, immortal life.
- B. But the Lord defines eternal life in more personal and relational terms.
1. Jesus uses the image of a spring of water to illustrate the giving of eternal life.  
Jn 4:14: “but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life.”
  2. Jesus uses the imagery of water to describe the Holy Spirit of God.  
Jn 7:37-38: “On the last day of the feast, the great day, Jesus stood up and cried out, ‘If anyone thirsts, let him come to me and drink. <sup>38</sup>Whoever believes in me, as the Scripture has said, ‘Out of his heart will flow rivers of living water.’ <sup>39</sup>Now this he said about the Spirit, whom those who believed in him were to receive, for as yet the Spirit had not been given, because Jesus was not yet glorified.”
  3. Jesus explicitly defines eternal life as a relationship with God and with himself.  
Jn 17:3: “And this is eternal life, that they know you the only true God, and Jesus Christ whom you have sent.”
- C. To have eternal life is ultimately about having your sins forgiven and being re-connected to God.
- D. The way to receive this eternal life, the one “work” that God requires of us to gain this eternal life, is simply *to believe in Jesus*.

## IX. Becoming the Bread of Life

- A. Jesus is the Bread of Life—the Source of eternal life—to us because God has empowered him to be that: “...For on him God the Father has set his seal” (v 27).
- B. When he was in the world, Jesus’ main work was earning eternal life for us. Jesus earned eternal life for us by...
1. living as the perfect human being before God.

2. dying for our sins, by absorbing into himself the full punishment of hell that you and I deserve for our rebellion against God and our lack of love toward our fellow human beings.
- C. The sign that Jesus succeeded in gaining eternal life for us was in his resurrection (Rom 4:25).
1. Having kept all of God's commandments for us and paid the penalty of our sins for us, Jesus received the reward of eternal life for his people.
  2. If we would believe in Jesus, we will receive eternal life through him.

## **X. Let Jesus Be Your Food**

**There is Food that will not run out on us. There is Food that will satisfy us to the depths of who we are. There is Bread that will give us the eternal life that we crave. This is the Bread of God "who comes down from heaven and gives life to the world" (v 33). This is the Lord Jesus Christ, the Son of God, who lived a perfect life for you and me, died for our sins, and rose from the dead to be our Savior and King. Listen to the Lord Jesus. Don't obsess over food that will leave you hungry again. Don't make your ultimate happiness dependent on how much you earn, how well you are liked, how successful you become, or how much pleasure you can squeeze out of this world. Come to the Lord Jesus. He alone is the Food that comes from God. Eat and drink Jesus. You will live forever.**