



Shepherd's Path

A Shepherd's Personal Devotions

Signs on Believers' Highway, Lesson 40

Lesson Title: Jesus is the Bread of Life

Take Home Point: Jesus is food for your spirit.

Warm-Up:

Every once in a while I think about living in a different time or place. Not to escape where I am, but just to consider how different life would be. For example, prior to this century American society was primarily agrarian, with most people eating food they personally cultivated or raised. One bad year meant at least one hungry year, sometimes it meant the loss of the land, and sometimes it even meant starvation. That's still true for most of the world. Have you ever thought about what it would be like not to be able to run to the store to buy whatever you want whenever you want? For most of us, that is something we have never really known. It is easy to take for granted what appears to be an endless supply of food available to us.

Read: John 6:1-42

Observation (What happened?):

What did the people want to do with Jesus after he fed them?

According to John 6:29, what was the work of God Jesus told the people?

Interpretation (What does it mean?):

Why do you think Jesus wanted the remaining food collected and not wasted?

Why did the Jews ask Jesus what sign he would give so they would believe him?

Insight:

What is good food for our spirit? How do we receive the food that lasts into eternal life? First and foremost, we receive it by doing just what Jesus said in John 6:35 – come to him and believe in him. Once we have the living word in our heart, then the Bible as God's written word becomes a primary source of spiritual sustenance. Celebrating communion, worship, fellowship – these are all ways to feed our spirit. Is there spiritual junk food? Certainly. Just like our body, we can starve our spirit or give it the wrong kind of food. For example, listening to people talk about the Bible without reading or studying it yourself is a form of junk food – no substantial nourishment, just feeling full. Activities that fill our time so spiritual things are undone give our spirits nothing of value for eternity; in fact, sometimes those activities may be really good things done for really good reasons, but that can't be how we spend all our time. In fact, one of Satan's ploys in our culture is to keep us so busy with "good things" that our spirits are starved and weak. We need to keep focus on the health of our spirit by spending quality time feeding it with thoughts and words of Jesus.

Application (What does it mean to me?):

How does your spirit feed on Jesus Christ? List the different ways.

Pray for the children in your small group to believe that Jesus gives them eternal life.

Lesson 40