

EXPERIENCING, ENJOYING, AND EXPRESSING CHRIST (1)

TRAINING OUTLINES

Message Seven The Bread of Life

RM *Hymns*: 1145, 499

Scripture Reading: John 6:22-71

- John 6:22 The next day the crowd which stood on the other side of the sea saw that there had been no other small boat there except one, and that Jesus had not gotten into the boat with His disciples, but that His disciples had gone away alone.
- John 6:23 But other small boats from Tiberias came near to the place where they ate the bread after the Lord had given thanks.
- John 6:24 So when the crowd saw that Jesus was not there, nor His disciples, they themselves got into the small boats and came to Capernaum, seeking Jesus.
- John 6:25 And when they found Him on the other side of the sea, they said to Him, Rabbi, when did You get here?
- John 6:26 Jesus answered them and said, Truly, truly, I say to you, You seek Me not because you have seen signs, but because you ate of the bread and were filled.
- John 6:27 Work not for the food which perishes, but for the food which abides unto eternal life, which the Son of Man will give you; for Him has the Father, even God, sealed.
- John 6:28 Then they said to Him, What shall we do that we may work the works of God?
- John 6:29 Jesus answered and said to them, This is the work of God, that you believe into Him whom He has sent.
- John 6:30 They said then to Him, What sign then will You do that we may see and believe You? What work will You do?
- John 6:31 Our fathers ate the manna in the wilderness, as it is written, "He gave them bread out of heaven to eat."
- John 6:32 Jesus therefore said to them, Truly, truly, I say to you, Moses has not given you the bread out of heaven, but My Father gives you the true bread out of heaven.
- John 6:33 For the bread of God is He who comes down out of heaven and gives life to the world.
- John 6:34 They said therefore to Him, Lord, give us this bread always.
- John 6:35 Jesus said to them, I am the bread of life; he who comes to Me shall by no means hunger, and he who believes into Me shall by no means ever thirst.
- John 6:36 But I have said to you that you have also seen Me, and yet you do not believe.
- John 6:37 All that the Father gives Me will come to Me, and him who comes to Me I shall by no means cast out.
- John 6:38 For I have come down from heaven not to do My own will but the will of Him who sent Me.
- John 6:39 And this is the will of Him who sent Me, that of all which He has given Me I should lose nothing but should raise it up in the last day.
- John 6:40 For this is the will of My Father, that everyone who beholds the Son and believes into Him should have eternal life, and I will raise him up in the last day.
- John 6:41 The Jews therefore murmured concerning Him because He said, I am the bread that came down out of heaven.
- John 6:42 And they said, Is not this Jesus, the son of Joseph, whose father and mother we know? How does He now say, I have come down out of heaven?
- John 6:43 Jesus answered and said unto them, Do not murmur among yourselves.
- John 6:44 No one can come to Me unless the Father who sent Me draws him; and I will raise him up in the last day.
- John 6:45 It is written in the prophets, "And they shall all be taught of God." Everyone who has heard and learned from the Father comes to Me.
- John 6:46 Not that anyone has seen the Father, except Him who is from God, He has seen the Father.
- John 6:47 Truly, truly, I say to you, he who believes has eternal life.
- John 6:48 I am the bread of life.
- John 6:49 Your fathers ate the manna in the wilderness, and they died.
- John 6:50 This is the bread which comes down out of heaven, that anyone may eat of it and not die.
- John 6:51 I am the living bread which came down out of heaven; if anyone eats of this bread, he shall live

forever; and the bread which I will give is My flesh, given for the life of the world.
 John 6:52 The Jews then contended with one another, saying, How can this man give us His flesh to eat?
 John 6:53 Jesus therefore said to them, Truly, truly, I say to you, Unless you eat the flesh of the Son of Man and drink His blood, you do not have life within yourselves.
 John 6:54 He who eats My flesh and drinks My blood has eternal life, and I will raise him up in the last day.
 John 6:55 For My flesh is true food, and My blood is true drink.
 John 6:56 He who eats My flesh and drinks My blood abides in Me and I in him.
 John 6:57 As the living Father has sent Me and I live because of the Father, so he who eats Me, he also shall live because of Me.
 John 6:58 This is the bread which came down out of heaven, not as the fathers ate and died; he who eats this bread shall live forever.
 John 6:59 He said these things in a synagogue as He taught in Capernaum.
 John 6:60 Many therefore of His disciples, when they heard this, said, This word is hard; who can hear it?
 John 6:61 But Jesus, knowing in Himself that His disciples were murmuring about this, said to them, Does this stumble you?
 John 6:62 Then what if you saw the Son of Man ascending to where He was before?
 John 6:63 It is the Spirit who gives life; the flesh profits nothing; the words which I have spoken to you are spirit and are life.
 John 6:64 But there are some of you who do not believe. For Jesus knew from the beginning who were the ones who did not believe and who was the one who would betray Him.
 John 6:65 And He said, For this reason I have told you that no one can come to Me unless it has been given to him from the Father.
 John 6:66 From that time many of His disciples went back to what they left behind and no longer walked with Him.
 John 6:67 Jesus therefore said to the twelve, Do you also want to go away?
 John 6:68 Simon Peter answered Him, Lord, to whom shall we go? You have words of eternal life,
 John 6:69 And we have believed and have come to know that You are the Holy One of God.
 John 6:70 Jesus answered them, Was it not I who chose you, the twelve? Yet one of you is a devil.
 John 6:71 Now He spoke of Judas, the son of Simon Iscariot, for he, one of the twelve, would betray Him.

I. If we read John 6 carefully, we should have a deep impression of this chapter and pay attention to the sequence of seven crucial points:

John 6 be omitted.

- A. The Lord is the bread of life—vv. 35, 48.
 John 6:35 Jesus said to them, I am the bread of life; he who comes to Me shall by no means hunger, and he who believes into Me shall by no means ever thirst.
 John 6:48 I am the bread of life.
- B. The Lord gives His bread of life for us to eat—v. 51.
 John 6:51 I am the living bread which came down out of heaven; if anyone eats of this bread, he shall live forever; and the bread which I will give is My flesh, given for the life of the world.
- C. The Lord also gives His blood for us to drink—v. 53.
 John 6:53 Jesus therefore said to them, Truly, truly, I say to you, Unless you eat the flesh of the Son of Man and drink His blood, you do not have life within yourselves.
- D. The Lord not only died but also resurrected—v. 56.
 John 6:56 He who eats My flesh and drinks My blood abides in Me and I in him.
- E. Because Christ lives in us, we live because of Him and live before God—v. 57.
 John 6:57 As the living Father has sent Me and I live because of the Father, so he who eats Me, he also shall live because of Me.
- F. His Spirit, not His physical flesh, gives us life and the life supply—v. 63a.
 John 6:63a It is the Spirit who gives life; the flesh profits nothing; ...
- G. The Spirit is in the Lord's spoken words; His words are spirit and life—v. 63b.
 John 6:63b ... the words which I have spoken to you are spirit and are life.

II. The primary purpose for which the Lord Jesus came down out of heaven to the earth was to accomplish one central matter—to give Himself to us as food—the bread of life—so that He could be eaten by us as spiritual nourishment and be digested by us to become our constitution—vv. 50-51.

John 6:50 This is the bread which comes down out of heaven, that anyone may eat of it and not die.
 John 6:51 I am the living bread which came down out of heaven; if anyone eats of this bread, he shall live forever; and the bread which I will give is My flesh, given for the life of the world.

III. Chapter 6 of the Gospel of John is a detailed discourse on the Lord Jesus being the bread of life; He declared, “I am the bread of life”—v. 48:

A. Many verses in John 6 reveal that, for our experience and enjoyment, Christ is the bread of life—vv. 27, 32-35, 47-58, 63a, 68b:

John 6 be omitted.
 John 6:27 Work not for the food which perishes, but for the food which abides unto eternal life, which the Son of Man will give you; for Him has the Father, even God, sealed.
 John 6:32 Jesus therefore said to them, Truly, truly, I say to you, Moses has not given you the bread out of heaven, but My Father gives you the true bread out of heaven.
 John 6:33 For the bread of God is He who comes down out of heaven and gives life to the world.
 John 6:34 They said therefore to Him, Lord, give us this bread always.
 John 6:35 Jesus said to them, I am the bread of life; he who comes to Me shall by no means hunger, and he who believes into Me shall by no means ever thirst.
 John 6:47 Truly, truly, I say to you, he who believes has eternal life.
 John 6:48 I am the bread of life.
 John 6:49 Your fathers ate the manna in the wilderness, and they died.
 John 6:50 This is the bread which comes down out of heaven, that anyone may eat of it and not die.
 John 6:51 I am the living bread which came down out of heaven; if anyone eats of this bread, he shall live forever; and the bread which I will give is My flesh, given for the life of the world.
 John 6:52 The Jews then contended with one another, saying, How can this man give us His flesh to eat?
 John 6:53 Jesus therefore said to them, Truly, truly, I say to you, Unless you eat the flesh of the Son of Man and drink His blood, you do not have life within yourselves.
 John 6:54 He who eats My flesh and drinks My blood has eternal life, and I will raise him up in the last day.
 John 6:55 For My flesh is true food, and My blood is true drink.
 John 6:56 He who eats My flesh and drinks My blood abides in Me and I in him.
 John 6:57 As the living Father has sent Me and I live because of the Father, so he who eats Me, he also shall live because of Me.
 John 6:58 This is the bread which came down out of heaven, not as the fathers ate and died; he who eats this bread shall live forever.
 John 6:63a It is the Spirit who gives life; the flesh profits nothing; ...
 John 6:68b ... You have words of eternal life,

1. The most important point in the entire chapter of John 6 is that Christ is our food, the bread of life—vv. 35, 48.
 John 6 be omitted.
 John 6:35 Jesus said to them, I am the bread of life; he who comes to Me shall by no means hunger, and he who believes into Me shall by no means ever thirst.
 John 6:48 I am the bread of life.
2. To eat Him is not a once-for-all matter; rather, we need to contact the Lord and eat Him daily, for He is edible—v. 50.
 John 6:50 This is the bread which comes down out of heaven, that anyone may eat of it and not die.
3. We need to exercise our spirit to feed on Him, receiving Him, digesting Him, experiencing Him, enjoying Him, and applying Him moment by moment—vv. 56-57.
 John 6:56 He who eats My flesh and drinks My blood abides in Me and I in him.
 John 6:57 As the living Father has sent Me and I live because of the Father, so he who eats Me, he also shall live because of Me.
4. We all should concentrate on one thing—eating Christ and then living by what we have eaten of Him—v. 54.
 John 6:54 He who eats My flesh and drinks My blood has eternal life, and I will raise him up in the last day.

- B. “Work not for the food which perishes, but for the food which abides unto eternal life, which the Son of Man will give you”—v. 27:
1. Eternal life is the divine life, the uncreated life of God, which not only is everlasting with respect to time but also is eternal and divine in nature—3:15.
John 3:15 That everyone who believes into Him may have eternal life.
 2. The food which abides unto eternal life can supply us and bring us into eternal life—6:27.
John 6:27 Work not for the food which perishes, but for the food which abides unto eternal life, which the Son of Man will give you; for Him has the Father, even God, sealed.
- C. “My Father gives you the true bread out of heaven. For the bread of God is He who comes down out of heaven and gives life to the world”—vv. 32-33:
1. Only spiritual things are real; “the Spirit is the reality”—1 John 5:6b.
 2. As the true bread, Christ is the bread of truth, of reality; Christ is true, real.
 3. We all need to be deeply impressed with the fact that we need Christ as the true bread of life sent by God to bring us eternal life.
 4. “The bread of God” in John 6:33 is “the true bread” in verse 32.
John 6:33 For the bread of God is He who comes down out of heaven and gives life to the world.
John 6:32 Jesus therefore said to them, Truly, truly, I say to you, Moses has not given you the bread out of heaven, but My Father gives you the true bread out of heaven.
 5. As the bread that came down out of heaven, Christ is the heavenly bread, and as the bread of God, He is of God, He was sent by God, and He was with God—v. 33.
John 6:33 For the bread of God is He who comes down out of heaven and gives life to the world.
 6. When we eat this bread and digest it, it becomes our constitution, and we are joined and mingled with the Lord as one—1 Cor. 6:17.
1 Cor 6:17 But he who is joined to the Lord is one spirit.
 7. Anyone who eats the living bread which came down out of heaven will live forever—John 6:50-51a.
John 6:50 This is the bread which comes down out of heaven, that anyone may eat of it and not die.
John 6:51a I am the living bread which came down out of heaven; if anyone eats of this bread, he shall live forever; ...
- D. In verse 51b the Lord Jesus said, “The bread which I will give is My flesh, given for the life of the world”:
1. At this point the bread becomes the flesh.
 2. The Lord gave His body, that is, His flesh, dying for us that we might have life.
- E. “Truly, truly, I say to you, Unless you eat the flesh of the Son of Man and drink His blood, you do not have life within yourselves”—v. 53:
1. The separation of blood and flesh indicates death.
 2. Here the Lord clearly indicated His death, that is, His being slain.
 3. He gave His body and shed His blood for us so that we may have eternal life:
 - a. To eat His flesh is to receive by faith all that He did in giving His body for us.
 - b. To drink His blood is to receive by faith all that He accomplished in shedding His blood for us.
 4. To eat His flesh and drink His blood is to receive Him, in His redemption, as life and the life supply by believing in what He did for us on the cross.
 5. By comparing verse 53 with verse 47, we see that to eat the Lord’s flesh and drink His blood is to believe in Him, because to believe or to believe into is to receive—1:12.
John 6:53 Jesus therefore said to them, Truly, truly, I say to you, Unless you eat the flesh of the Son of Man and drink His blood, you do not have life within yourselves.
John 6:47 Truly, truly, I say to you, he who believes has eternal life.
John 1:12 But as many as received Him, to them He gave the authority to become children

- of God, to those who believe into His name,
- F. “My flesh is true food, and My blood is true drink”—6:55:
1. Unless we eat the flesh of the Son of Man and drink His blood, we do not have eternal life within ourselves.
 2. If we eat Him and drink Him, we will have life because of Him.
- G. The strongest and strangest sentence in the entire Bible is John 6:57: “As the living Father has sent Me and I live because of the Father, so he who eats Me, he also shall live because of Me”:
1. To eat is to take food into us that it may be assimilated organically into our body.
 2. To eat the Lord Jesus is to receive Him into us that He may be assimilated by the regenerated new man in the way of life:
 - a. Then we live by Him whom we have received.
 - b. It is by this that He, the resurrected One, lives in us—14:19-20.
 John 14:19 Yet a little while and the world beholds Me no longer, but you behold Me; because I live, you also shall live.
 John 14:20 In that day you will know that I am in My Father, and you in Me, and I in you.

IV. “It is the Spirit who gives life; the flesh profits nothing; the words which I have spoken to you are spirit and are life”—6:63:

- A. The last part of John 6 is the section about Christ becoming the life-giving Spirit and the Word.
 John 6 be omitted.
- B. Since Christ is the Spirit, we can contact Him as the Spirit within us—1 Cor. 15:45.
 1 Cor 15:45 So also it is written, "The first man, Adam, became a living soul"; the last Adam became a life-giving Spirit.
- C. Because He is the life-giving Spirit, we can feed upon and assimilate Him as our food.
- D. In order to receive the Lord Jesus as the bread of life, our life supply to nourish us, we need to see that He is the life-giving Spirit and that this Spirit is embodied in the Word—John 6:63.
 John 6:63 It is the Spirit who gives life; the flesh profits nothing; the words which I have spoken to you are spirit and are life.
- E. What the Lord gives us is the Spirit who gives life; this Spirit is the Lord Himself in resurrection—1 Cor. 15:45.
 1 Cor 15:45 So also it is written, "The first man, Adam, became a living soul"; the last Adam became a life-giving Spirit.
- F. In John 6:63 “the words” follow the Spirit:
 John 6:63 It is the Spirit who gives life; the flesh profits nothing; the words which I have spoken to you are spirit and are life.
1. The Lord indicated that for giving life He would become the Spirit.
 2. Then He said that the words He speaks are spirit and life; this indicates that His spoken words are the embodiment of the life-giving Spirit—v. 63.
 John 6:63 It is the Spirit who gives life; the flesh profits nothing; the words which I have spoken to you are spirit and are life.
 3. If we do not touch the Spirit in the Word, we cannot receive life.
 4. Daily we need to come to the Lord and touch Him as the Spirit in the Word; if we do this, we will feed on Christ as the bread of life—v. 35.
 John 6:35 Jesus said to them, I am the bread of life; he who comes to Me shall by no means hunger, and he who believes into Me shall by no means ever thirst.
- G. Chapter 6 of John closes with the word of life, which is the means for us to receive the Lord as the bread of life—v. 63:
 John 6:63 It is the Spirit who gives life; the flesh profits nothing; the words which I have spoken to you are spirit and are life.

1. If we receive the Word, we will have the Spirit, and if we have the Spirit within us, we will have Christ as the inner supply of life.
2. May we all realize that our need is Christ as our life supply and then daily contact Him as the life-giving Spirit embodied in the Word.