

Message: John 6:48-51, "*I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. And the bread that I will give for the life of the world is my flesh.*"

1. The Lord's Supper shows both the death and the resurrection of Jesus. The Lord's Supper is a mini-meal in which we remember the death of Christ. So it should stand out to us that Jesus said that He is the bread of life, not the bread of death. The only way that Jesus can be the bread of life for us in the Lord's Supper is that He rose again. In fact, Jesus went on to say, 'I am the living bread...' This same Jesus said, "*I am the resurrection and the Life.*"

2. We need to actually eat the bread and drink the cup. Actual eating and drinking go together with actual believing. This bread and cup are central to the gospel.

Jesus did not show some idea of salvation separated from reality. Listen again to what Jesus said, "*the bread that I will give for the life of the world is my flesh.*" Because Jesus won our salvation by really dying in the flesh and really rising again in the flesh, so we must actually eat and drink real bread and a real cup.

3. By eating and drinking , we feed on Christ by faith. This bread is not a magical bread. It does not automatically convey to us the grace of God, nor eternal life. We have to actively trust in Jesus, who said about Himself, "*If anyone eats of this bread, he will live forever.*"

By eating this bread, we are placing our faith in the Jesus who both died and rose again. Jesus is our living savior, the bread of life.

This bread (this wafer) is not the bread of life. Christ Himself is the bread of life. The only way to rightly eat the bread and drink the cup of The Lord's Supper is by trusting in the crucified and risen Christ.

What is the result of eating by faith? Compare to our daily eating meals at home, the food becomes one with us. It enters our system, we digest it, and we produce energy that enables us to live an active life. Now compare to eating and drinking Christ – He enters our system. He indwells us by His Spirit, and we remain in Him by faith. The resurrection life of Christ supplies us with the energy to live for Him in this world. At the last day, we will be raised to life, because we are united to him who is the Life. It is a pledge that we will share in the resurrection at the last day.