

The Bread of Life Discourse—Finding Satisfaction in Jesus (John 6:30-40)

When we follow Jesus for the right reason—because He is worthy of our devotion—we discover that Jesus satisfies our deepest spiritual hunger. He is the “Bread of Life.” Without Jesus, our hearts are hungry. We crave something that can’t be satisfied with mere achievements or pleasures. We hunger for meaning, for purpose, for harmony with our Creator. Jesus alone can satisfy this hunger of our hearts.

**Jesus is the bread from heaven—
He alone offers supreme satisfaction (6:30-33).**

Having challenged the crowd to think beyond their physical appetites and focus on eternal life, Jesus responded to a question about the manna in the desert. Could Jesus provide for His followers in the same way that Moses provided for his?

The people asked Jesus to give them a miraculous sign, like the manna in the wilderness, so that they would believe (6:30-31).

Jesus had accused the people of missing the point of His miraculous signs (John 6:26). Now the people asked Jesus to perform another miracle. They claimed that they would believe in Him if only He would give them a sign. Apparently, feeding five thousand people with just two little loaves of bread and five small fish wasn’t enough to convince them to believe! They wanted to control Jesus, to put Him in a box of their design. The people reminded Jesus that their forefathers received bread from heaven, the miraculous manna. They even cited Scripture, Psalm 78:24, to bolster their case. Moses had provided for the needs of his followers. Now they expected Jesus to do the same.

Jesus said that God gave the manna just as He gave the true bread from heaven, the one who came down from heaven and gives life (6:32-33).

Jesus emphasized the importance of His statement with the words “truly, truly.” He then pointed out that the manna in the wilderness, the “bread from heaven,” came from God the Father and not from Moses. In fact, Jesus referred to the Father as “my Father,” underscoring His unique, divine relationship with God the Father. Jesus also said that His Father gave “the true bread.” He then explained that this true bread was none other than Jesus Himself. The “bread of God” is the one who “comes down from heaven and gives life to the world.” Here Jesus expressed His eternal relationship with the Father and His heavenly origin. Jesus is God. He is the bread from heaven. He alone offers supreme satisfaction for our spiritual hunger.

**Jesus is the bread of life—
He alone offers lasting satisfaction (6:34-36).**

Jesus is the bread from heaven, and He is the bread of life. He offers supreme satisfaction and lasting satisfaction. He is worthy of our faith.

The people asked Jesus to give them the true bread from heaven (6:34).

At this point in the dialogue, the people asked Jesus to always give them this bread—to satisfy their hunger endlessly. Their words are reminiscent of the words of the woman at the well who asked Jesus to give her living water so that she would no longer need to retrieve water from the well (John 4:15). This woman didn't quite catch Jesus' meaning, nor did the people who asked Jesus to give them the bread from heaven. Both had a physical need in mind. Jesus wants to satisfy the heart.

Jesus declared that He is the bread of life which alone satisfies completely (6:35).

At this point Jesus stated plainly, "I am the bread of life." This is the first of seven "I am" statements in John's gospel. As the bread of life, Jesus claimed that anyone who comes to Him will never hunger and anyone who believes in Him will never thirst. He alone can satisfy our spiritual needs. He equates coming to Him with believing in Him. An intentional expression of faith is the only path to eternal life. We must simply believe in Jesus Christ for our salvation, our spiritual satisfaction.

Jesus rebuked the people for having seen Him and refusing to believe in Him (6:36).

Having offered Himself to the people as the bread of life, Jesus then rebuked them for refusing to believe in Him in spite of having witnessed His miracles. The people demanded more and more signs, but were less and less willing to commit themselves to Jesus. As the bread of life, Jesus alone offers lasting satisfaction.

**Jesus is the Son of God—
He alone offers guaranteed satisfaction (6:37-40).**

As the bread from heaven, Jesus offers supreme satisfaction. As the bread of life, Jesus offers lasting satisfaction. As the Son of God, Jesus offers certain satisfaction. Because He is God, we can trust Him fully.

Jesus assured the people that He would accept all who the Father gives Him (6:37).

Jesus said, “All that the Father gives me will come to me, and whoever comes to me I will never drive away.” Jesus knew that not many of the people who questioned Him that day would continue to follow Him. But God the Father had appointed some to remain as His followers. Those given by the Father would “come” to Jesus. Those not given by the Father would abandon Jesus. We see here a reference to the mystery of faith, a mystery that includes the prompting of God and the right response of the human heart. While we can’t fully comprehend the way in which the Father sends people to His Son, we can understand our need to follow Jesus. When we decide to follow Jesus, Jesus will never turn us away. It’s also worth noting that when Jesus said “all” that the Father gives, He used a form of the word that implies the comprehensive gathering of followers. When He said, “whoever” comes, He used a form that implies individual commitment. Jesus accepts each and every individual who comes to Him by faith, and in doing so He gathers that body of believers ordained by the Father. We can trust Jesus’ guarantee to accept us when we come to Him.

Jesus assured the people that He came from heaven to fulfill the will of the Father (6:38).

Jesus had been sent by God the Father. He was careful in His earthly ministry to do only that which was the Father’s will. Having come from heaven, Jesus was submissive to the Father. He didn’t operate out of His own human will, but always honored the divine will.

Jesus assured the people that He would resurrect all who the Father gives Him (6:39).

Jesus went on to explain one aspect of the Father’s will, the will of the one who had sent Him. God the Father willed that Jesus would not lose any—all that the Father had given Him (again, “all” here implies the comprehensive gathering of followers). In fact, Jesus would raise this body of followers in the last day, a reference to the future resurrection of His people.

Jesus assured the people that everyone who believes in Him will have eternal life according to the Father’s will (6:40).

Again clarifying the will of the Father, Jesus said that everyone (here pointing to individual faith) who looks to Jesus and believes in Him will have eternal life. As in verse 35, where Jesus equates coming to Him with believing in Him, Jesus equates looking (observing intently) to Him with believing in Him. Eternal life is dependent on our faith response to the person and work of Jesus Christ. All who believe in Him will experience real life here and now, and will participate in resurrected life in the last day. Because Jesus is God, we can trust Him

completely to satisfy our need for real and lasting life. Jesus alone can satisfy the hunger of our hearts.