

## **The Bread of Life**

John 6:22-71

by Don Falkos

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Many of the five thousand people Jesus had fed went looking for him the next day. When they found him in Capernaum, Jesus said, "You have come looking for me not because you have seen God at work, but simply because you filled your bellies. Don't waste your energy striving after food that spoils. Work for food that brings eternal life. I will give you this food. Believe in me."

"Okay. Fine. Show us a sign. Perform a miracle. Then we'll believe in you. Moses gave our ancestors manna in the desert. It says so in the scriptures: 'He gave them bread from heaven to eat.' So what can you do?"

Jesus replied, "It was not Moses, but God, who gave your ancestors bread from heaven. And God is right this moment offering you the true bread from heaven. The bread of God is the one who has come down from heaven and is giving life to the world. **I AM** the bread of life. Whoever comes to me will never be hungry. Whoever believes in me will never be thirsty. If you eat my flesh and drink my blood you will have eternal life and I will resurrect you on the last day."

Many of those who had been following Jesus said, "Eat his flesh? Drink his blood? This is too hard to accept." And they stopped following him.

Jesus asked his apostles, "Do you want to leave too?"

But Simon Peter replied, "Lord, where would we go? You have the words of eternal life. We believe that you are the holy one of God."