

You Are What You Eat

WEEK TWO



THE SEVEN CLAIMS OF JESUS

John 6:35-51

The most important question you will ever answer: Who is Jesus?

SERIES BIG IDEA:

Jesus is God; therefore, He is Lord.

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."

John 6:35 (NIV)

What we consume will, in time, consume us.

⁵³Jesus said to them, "Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. ⁵⁴Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. ⁵⁵For my flesh is real food and my blood is real drink. ⁵⁶Whoever eats my flesh and drinks my blood remains in me, and I in them. ⁵⁷Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me. ⁵⁸This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever..."⁶¹On hearing it, many of the disciples said, "This is a hard teaching. Who can accept it?" Aware that his disciples were grumbling about this, Jesus said to them, "Does this offend you?"

John 6:53-58, 61 (NIV)

Hunger: The intense feeling that comes from a lack of food, resources, or anything that is needed for fulfillment.

4 TYPES OF HUNGER:

- **Earthly**
- **Relational (Genesis 3:11-12; Ephesians 4:31-32)**
- **Individual [Identity] (Romans 6:16)**
- **Eternal (Isaiah 59:1-2; Romans 3:2)**

"Every man feeds on something or other. You see, one man getting his Sunday newspaper and feeds on that. Another goes to frivolous amusements, and feeds on them. Another man feeds upon his business and upon the thought of his many cares. But all that is poor food; it is only ashes and husks. When you possess true life, you will know the deep necessity there is of feeding upon Christ."

Charles Spurgeon

Jesus, the Bread of Life, is the solution to true starvation.

⁴⁷Very truly I tell you, the one who believes has eternal life. ⁴⁸I am the bread of life. ⁴⁹Your ancestors ate the manna in the wilderness, yet they died. ⁵⁰But here is the bread that comes down from heaven, which anyone may eat and not die.

John 6:47-50 (NIV)

TEACHING BIG IDEA:

Without Jesus our sinful desires will consume us, but when we consume Jesus we can eat and never hunger again.

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

Romans 6:23 (NIV)

Jesus invites us to consume Him and have every part of our lives consumed with Him.

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I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world.

John 6:51 (NIV)

Whoever consumes Jesus will be consumed with life.



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TEACHING SUMMARY:

What we consume will, in time, consume us.

Have you ever thought about what you consume? Maybe physically consume but also in our eyes, ears, and minds.

Jesus tells us that He is the only thing we will ever need to consume for eternal life. Nothing else will ever get us there and nothing can take His place.

We consume Jesus by repenting of our sins, diving into scripture, engaging in prayer, and surrounding ourselves with other Christ Followers. Jesus offers Himself up as living bread, a bread that will consume us with His love, His Mercy, and His life.

Remember that what we consume will consume us but we have the choice of where that leads. We get to choose does it lead to an eternity separated from God or an eternity of having our everything consumed by His abundant life.

TALK IT OVER:

Who do you believe Jesus to be?

What in your life, apart from Jesus, consumes you? Why do you think you run to that?

What is stopping you from turning over that piece of your life and surrendering it to God?

What is one next step you can take today?

DAILY BIBLE READINGS:

Day 1: Acts 2:29-36

Day 2: Luke 6:43-45

Day 3: Matthew 4:1-4

Day 4: James 1:13-15; Psalm 141:3-5

Day 5: Hebrews 12:14-15; Galatians 5:16-26

Day 6: Romans 6:17-18; Colossians 3:1-3