



Title | A Healthy Diet
Series | NOW I SEE
Text | John 6:22-34
By | Bob Kerrey
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Sermon Notes

John 6:22 On the next day the crowd that remained on the other side of the sea saw that there had been only one boat there, and that Jesus had not entered the boat with his disciples, but that his disciples had gone away alone. 23 Other boats from Tiberias came near the place where they had eaten the bread after the Lord had given thanks. 24 So when the crowd saw that Jesus was not there, nor his disciples, they themselves got into the boats and went to Capernaum, seeking Jesus. 25 When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" 26 Jesus answered them, "Truly, truly, I say to you, you are seeking me, not because you saw signs, but because you ate your fill of the loaves. 27 Do not work for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you. For on him God the Father has set his seal." 28 Then they said to him, "What must we do, to be doing the works of God?" 29 Jesus answered them, "This is the work of God, that you believe in him whom he has sent." 30 So they said to him, "Then what sign do you do, that we may see and believe you? What work do you perform? 31 Our fathers ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" 32 Jesus then said to them, "Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven. 33 For the bread of God is he who comes down from heaven and gives life to the world." 34 They said to him, "Sir, give us this bread always." *ESV*

Big Idea:

Text questions during the sermon: 623-850-8809

John 6:33

"For the bread of God is he who comes down from heaven and gives life to the world."

ESV

For Reflection & Application:

Monday:

- Read John 6:22-26.
- According to Jesus, why are the people seeking him? To what extent do you think people seek him for similar reasons today?

Tuesday:

- Read John 6:27.
- Rephrase the command of Jesus in your own words in a way that applies to you.

Wednesday:

- Read John 6:27-29.
- According to Jesus, what must a person do to receive the spiritual food of eternal life? Have you received it?

Thursday:

- Read John 6:30-31.
- The crowd does not believe in Jesus, even though they were miraculously fed by him just the day before. They demand an even greater sign in order to believe. What does this suggest about human nature?

Friday:

- Read John 6:32-34.
- Verse 33 presents the good news of Jesus Christ in a nutshell. How can you be nourished by this life-giving bread today?

John 6:33

“For the bread of God is he who comes down from heaven and gives life to the world.”

ESV