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Jesus: I AM the Bread of Life



Part 4 (010812AM)

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When Jesus declared that He was the Bread of Life, He said all we ever need to know!

Whatever you need, I can PROVIDE you, I AM THE BREAD OF LIFE! Wherever you are, I can PROVIDE you, I AM THE BREAD OF LIFE!

All this because when Jesus miraculously fed the 5000 and said I AM the BREAD He was saying:

1. God blesses all of life. The multiplied barley **loaves** and **fish** were divinely created, and the satisfaction the people experienced must have been like no other in their lives. The food Jesus made for them was perfect, not tainted by the Fall and its consequent corruption of all the earth through sin.
2. This was the most public of all miracles. This was overwhelming to all who saw Jesus do it. Why? Because no miracle seems to have made such an impression on the disciples as this, because this is the only miracle of Jesus which is related in all four gospels.
3. Jesus offers a totally new life to all. I am all you need because a God who can feed 5000 like that can do anything! Think about it: Jesus with a word multiplied the molecular structure of those humble barley cakes and pickled fish! It is this creation power that he brings to our lives. "Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!" ([2 Corinthians 5: 17](#)).
4. Nothing is beyond Christ's reach! And finally, nothing is impossible physically or spiritually for Jesus Christ. No one is beyond his redemption. Christian, if you are willing, there is no moral flaw in your life which God cannot heal.

Please join me in [John 6: 1-14](#); 31-35

What did God do in the wilderness!

"I am the Bread that came down from heaven" (John 6: 41-51). The manna God provided for the Israelites during the Exodus is a picture of Jesus as the "living Bread." When God's people traveled through the wilderness, they had to depend on God to provide their food supernaturally. God provided the food in a way that would also teach the people something about their relationship with Him. Every day God gave enough food for that day. No one could gather more than a day's supply. There had to be a continual, constant dependence on God; He was the only source of sustenance.

What was it like?

Jesus transports us in His 1st I AM declaration to a spot 3,500 years ago in the Sinai Wilderness. The Camp of Israel was at least 81 square miles just for 600,000 fighting men and their families! That is the equivalent of a square camp ground containing solid rows of tents from Lewis Street on the West to Elm Street in BA on the East, from 21st street in the north to 101st street in the south. That would put us today in the tabernacle in the center of the camp! (NOTE: The Exodus march at 5 people wide would have stretched 225 miles long. If they traveled 50 wide they would have been 22.5 miles. For a missions note, our world of 6 billion would be @ 100 wide 45,000 miles long!)

How big was the task?

Now here is the unbelievable need these people had. For nearly 40 years of their WILDERNESS WANDERINGS, ISRAEL under the leadership of MOSES wandered through the dry, sun baked arid wastelands of the Sinai. No lush green gardens, no stores and grain elevators to draw from and yet to feed three million people would take 1300 box cars of food **each day** or **a train 9 1/2 miles long!**

So what does Jesus say in [John 6: 48](#)? I AM the Bread of LIFE. I am all you ever need. And, just like the bread of God that came down from heaven, I can deliver my bread of life anywhere you ever get! WOW!

Toward God?

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Twenty-three times in all we find our Lord's meaningful "I AM" (*ego eimi*, Gr.) in the Greek text of this gospel (4:26; 6:20,35,41,48,51; 8:12,18,24,28,58; 10:7,9,11,14; 11:25; 13:19; 14:6; 15:1,5; 18:5,6,8). In several of these, He joins His "I AM" with seven tremendous metaphors which are expressive of His saving relationship toward the world. IN other words, the Christian life may be described in these seven declarations of Jesus. A believer is described by Jesus in seven profound ways. The perfection of Christ our God is seen in the seven "I AM'S" in John's record of Christ's life and ministry. Christ has given His own eternal life ([John 17:2](#)), but He has also given them the revelation of the Father's name ([John 17:6](#)). The Old Testament Jew knew his God as "Jehovah," the great I AM ([Ex. 3:11-14](#)). Jesus took this sacred name "I AM" and made it meaningful to His disciples: "I am the Bread of Life" ([John 6:35](#)); "I am the Light of the world" ([John 8:12](#)); "I am the Good Shepherd" ([John 10:11](#)); etc. In other words, Jesus revealed the Father's gracious name by showing His disciples that He was everything they needed.

1. A Believer is: HUNGERING FOR JESUS AS MY BREAD OF LIFE. "I AM the Bread of life" (6:35,41,48,51).
2. A Believer is: WALKING WITH JESUS WHO LIGHTS MY PATH OF LIFE. "I AM the Light of the world" (8:12).
3. A Believer is: ENTERING THROUGH JESUS WHO IS MY DOOR TO LIFE. "I AM the Door of the sheep" (10:7,9).
4. A Believer is: STAYING WITH THE GOOD SHEPHERD WHO IS THE SAVIOR OF MY LIFE. "I AM the Good Shepherd" (10:11,14).
5. A Believer is: RESTING IN JESUS WHOSE RESURRECTION GAVE ME ENDLESS LIFE. "I AM the Resurrection and the Life" (11:25).
6. A Believer is: FOLLOWING THE WAY OF JESUS, BELIEVING THE TRUTH OF JESUS, AND LIVING THE LIFE OF JESUS. "I AM the Way, the Truth, and the Life" (14:6).
7. A Believer is: ABIDING IN JESUS WHO IS MY SUPPLY OF ALL I EVER NEED. "I AM the true Vine" (15:1,5). Psalm 92

I AM THE BREAD OF LIFE (6:35) - He FEEDS OUR STARVING SOULS, but apart from Him is only unsatisfied hunger. The internal gnawing pain that hunger brings is the illustration of our condition apart from Christ. He alone feeds our soul and satisfies our hungers, all else is emptiness, hopelessness and empty mirages. *Jesus said I am your food that satisfies, I am the Bread you need. I have settled the longings of your soul, I can satisfy all the hungers of your life. What do you really hunger for?*

Now this morning, meet Jesus who is the great I AM THE BREAD OF LIFE!

I AM THE BREAD OF LIFE (6:35) - He FEEDS OUR STARVING SOULS, but apart from Him is only unsatisfied hunger. Our hungers and thirsts of life are settled by Jesus. The internal gnawing pain that hunger brings is the illustration of our condition apart from Christ. He alone feeds our soul and satisfies our hungers, all else is emptiness, hopelessness and empty mirages. *Whatever we hunger for reveals what we are. What are your secret hungers? Do they resemble the flesh or the spirit? Jesus gave a list of what those who hunger to sow to the Spirit desire. Remember them?*

When Jesus called himself the bread of God from heaven he was saying that The Manna Explains Who he Is. Please turn with me to Exodus 16

Exodus 16 should always be read in connection with John 6, for the manna from heaven is a type of Jesus Christ, the Bread of Life. Jesus also noted that manna illustrates the written Word of God on which God's pilgrim people feed from day to day ([Matt. 4:4](#)).

1st Jesus was greater than manna. When Jesus called Himself "the Living Bread," He was not claiming to be exactly like the manna. *He was claiming to be even greater!*

Old Testament Manna	Jesus the Bread of Life
The manna only sustained life for the Jews	<ul style="list-style-type: none"> but Jesus gives life to the whole world.
The Jews ate the daily manna and eventually died	<ul style="list-style-type: none"> but when you receive Jesus Christ within, you live forever.
When God gave the manna, He gave only a gift	<ul style="list-style-type: none"> but when Jesus came, He gave Himself.
There was no cost to God in sending the manna each day	<ul style="list-style-type: none"> but He gave His Son at great cost.
The Jews had to eat the manna every day	<ul style="list-style-type: none"> but the sinner who trusts Christ once is given eternal life.
But those that did eat manna hungered again , died at last, and with many of them God was not well-pleased	<ul style="list-style-type: none"> whereas those that feed on Christ by faith shall never hunger, and shall die no more, and with them God will be for ever well pleased. The Lord evermore give us this bread!

Just noting the Hebrew word *manna*, we see it means "What is it?" (v. 15). This helps us realize that the Jews could not explain this new food that God had sent. What a parallel to Paul's exclamation of Christ when he wrote, "in [1 Tim. 3:16](#) "Great is the mystery of godliness, God was manifest in the flesh." Jesus in human flesh is a mystery, but it is a beautiful mystery revealed when we stop to consider how the

manna pictures Jesus Christ:

2nd Jesus is so much like manna.

1. God used Manna to reflect *Christ's humility because it was small* (v. 14), which speaks of His humility; for He became a baby, and even a servant.
2. God used Manna to reflect *Christ's eternal nature because it was round* (v. 14), which reminds us of the circle, symbol of His eternality; for Jesus Christ is eternal God ([John 8:53-59](#)).
3. God used Manna to reflect *Christ's holiness, because it was white* (v. 31), a reminder of His purity and sinlessness; He is the holy Son of God.
4. God used Manna to reflect *Christ's sweetness, because it like honey* was sweet (v. 31). "Taste and see that the Lord is good" ([Ps. 34:8](#)). Note in [Num. 11:4-8](#) that the "mixed multitude" that went with the Jews did not appreciate the taste of the manna but asked for the "leeks, onions, and garlic" of Egypt. They were not satisfied with simple manna. They "ground it, beat it, and baked it," but then it tasted like "oil" and not like honey. There is a spiritual lesson here for us; we cannot improve upon the simple Word of God ([Ps. 119:103](#)).
5. God used Manna to reflect *Christ's feeding us* (v. 35). It was satisfying and strengthening, for the nation lived on manna for nearly forty years. All that we need for spiritual nourishment is Jesus Christ, God's heaven-sent Bread. We are to feast on the Bread that will never leave us hungering.

When Jesus called Himself the Bread of God from Heaven He was saying that the Manna Illustrates How He Came

1. [Exodus 16:1-3](#) reflects that *Jesus came to a world that did not obey Him just like Manna came to a rebellious people* (vv. 1-3). What poor memories Israel had! They had been away from the bondage of Egypt only six weeks and had already forgotten God's many mercies. They murmured against Moses and against God (see [15:22-27](#)), and they longed for the fleshly diet of the old life; yet God in His grace and mercy supplied them with bread. Verse 4 could well have read, "I will rain fire and brimstone upon those ungrateful sinners!" But, no, God proved His love toward them by raining bread upon them. See [Rom. 5:6-8](#). Someone has calculated that to supply six pints (an omer) of manna each for two to three million people daily would have required four freight trains of sixty cars each. How generous God is to us!
2. [Exodus 16:4](#) reflects that *Jesus came from heaven just like Manna came from heaven*. It was not imported from Egypt, or manufactured in the wilderness; it was given from heaven, the gift of God's grace. Jesus Christ came down from heaven ([John 6:33](#)) as the Father's gift to hungry sinners. To say that Christ is "just another man" is to deny the teaching of the whole Bible that He is God's Son sent from heaven. These come from heaven, as the manna did, and are the support and comfort of the divine life in the soul, while we are in the wilderness of this world. It is food for those only that follow the pillar of cloud and fire.
3. [Exodus 16:13a](#) "**in the morning**" reflects that *Jesus came to a sin darkened world just like Manna came at night*. The people gathered the manna early each morning, for the manna fell at night. This suggests the darkness of sin in this world when Jesus came. It was night when Jesus was born, for He came to be the Light of the World ([John 8:12](#)). And it is still night in the hearts of all who have rejected Him ([2 Cor. 4:1-4](#)). Also as Luke records Jesus came as the sunrise on a sin blackened world [Luke 1:78-79](#) Through the tender mercy of our God, With which the Dayspring from on high has visited us; 79 To give light to those who sit in darkness and the shadow of death, To guide our feet into the way of peace." NKJV
4. [Exodus 16:13b-14](#) "**the dew lay...when the layer lifted**" reflects that *Jesus came by a supernatural birth just like Manna came on the dew* (vv. 13-14). Just as [Numbers 11:9](#) implies the manna lay atop the pure dews, and the dew kept the manna from being defiled by the earth, so the Virgin birth of Jesus through the Holy Spirit brought Jesus to earth, unstained by sin ([Luke 1:34-35](#)). Had Jesus not been born of the virgin, He could never be called "that Holy One."
5. [Exodus 16:13c](#) "**all around the camp**" reflects that *Jesus comes to where we are just like Manna fell right where they were*. How easily accessible the manna was to the Jews! They did not have to climb a mountain or cross a deep river; the manna came where they were (see [Rom. 10:6-8](#)). Jesus Christ is not far away from sinners. They can come to Him at any time.

When Jesus called Himself the Bread of God from Heaven He was saying that the Manna Illustrates What We Must Do with Jesus Christ

Note that the spiritual manna (Christ) accomplishes more than did the physical manna that God sent to the Jews.

- The OT manna sustained physical life, but Christ gives spiritual life to all who receive Him.
- The OT manna was for the Jews only, but Christ offers Himself to the whole world ([John 6:51](#)).
- It did not cost Moses anything to secure the manna for Israel, but to make Himself available to the world, Christ had to die on the cross. How sad it is that most of the people in the world walk on Christ as if he were unused manna on the ground, rather than stooping to receive Him that they might live.

The daily gathering of the manna was God's test of Israel's obedience (v. 4), and it is still God's test for His people. Those Christians that begin their day with the Bible, gathering spiritual food, are the ones God can trust and use. Alas, many Christians still hunger for the carnal diet of the world! (v. 3) And many expect the pastor or the Sunday School teacher to gather the manna for them and "spoon-feed" them. **The test of our spiritual walk is this: do I think enough of Christ and His Word to start my day gathering manna?**

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