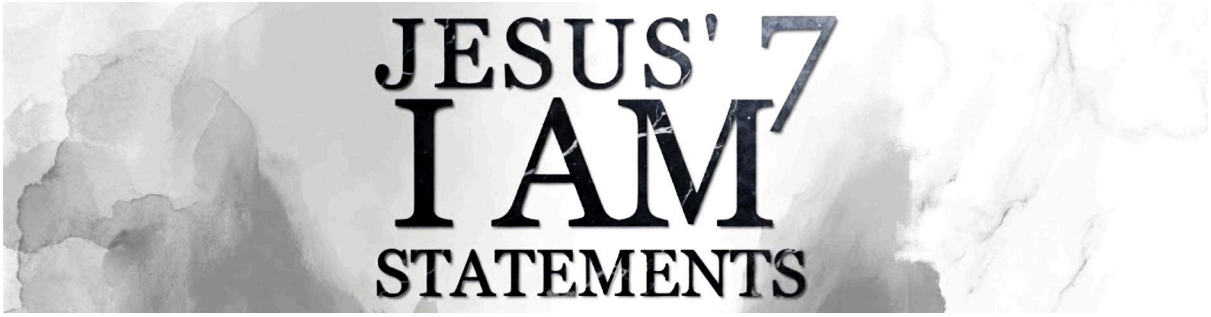


“I AM The Bread of Life”
John 6:35

A New Message Series

- Jesus’ 7 “I AM” Statements from the Gospel of John.

Jesus says,

1. I AM The Bread Of Life. (John 6:35 CSB)
2. I AM The Light Of The World. (John 8:12 CSB)
3. I AM The Gate. (John 10:9 CSB)
4. I AM The Good Shepherd. (John 10:11 CSB)
5. I AM The Resurrection and The Life. (John 11:25-26 CSB)
6. I AM The Way, The Truth and The Life. (John 14:6 CSB)
7. I AM The Vine. (John 15:5 CSB)

John 6:35 (CSB): “I am the bread of life,” Jesus told them. “No one who comes to me will ever be hungry, and no one who believes in me will ever be thirsty again.”

Setting of the Occasion (John 6:22-59)

- After Jesus feeds the five thousand men with just five barley loaves and two fish (6:1-15), the crowd looks for him. They find him on the other side of the sea. (vv.22-25)

- Jesus reveals that “I am the bread of life” and that “everyone who sees the Son and believes in him will have eternal life.” (vv.34-40)
- Jesus reiterates that he is the bread of life – referring to himself, more specifically his flesh which he will give for the world. (vv.47-51)
- Jesus as the Bread of Life is able to give life to others, if they just believe. This life is for eternity as Jesus lives in eternity. (vv.52-58)
- Jesus says all these things “while teaching in the synagogue in Capernaum.” (v.59)

Background of “I AM”

- The phrase, “I am” is a direct translation of “ego eimi” in Greek.
- *“Suppose I go to the Israelites and say to them, ‘The God of your fathers has sent me to you,’ and they ask me, “What is his name’? Then what shall I tell them?”* God said to Moses, *“I AM WHO I AM. This is what you are to say to the Israelites: ‘I AM has sent me to you.’” God also said to Moses, “Say to the Israelites, ‘The Lord, the God of your fathers – the God of Abraham, the God of Isaac, and the God of Jacob – has sent me to you.’ This is my name forever, the name by which I am to be remembered from generation to generation*.” (Exodus 3:13-15 NIV)

- This is the first occasion where God specifically reveals his name – “I AM.”
- When Jesus uses the same name for himself, he is literally and actually equating himself with the LORD, declaring himself as God.

THE ESSENTIALITY OF JESUS FOR YOUR SPIRITUAL LIFE

- God, in his response to the people’s complaint, miraculously provided a daily bread, “manna,” to the Jewish’s ancestors in the wilderness for forty years.
- The “true manna” came down from heaven as the essential ingredient for the lives of the people back then and for us today.
- This true manna is not a “what,” but a “who.” He is a person. He is Jesus!

1. The Essentiality of Jesus For Your Spiritual Genesis.

- Jesus is essential for your spiritual beginning, reborn, regeneration.
- This gospel truth refers to the “past tense” of your salvation.

28 “What can we do to perform the works of God?” they asked. 29 Jesus replied, “This is the work of

God—that you believe in the one he has sent." (John 6:28-29 CSB)

"I am the bread of life," Jesus told them. "No one who comes to me will ever be hungry, and no one who believes in me will ever be thirsty again." (John 6:35 CSB)

2. The Essentiality of Jesus For Your Spiritual Growth.

- Not only is Jesus essential for your spiritual genesis, but also Jesus is essential for your spiritual growth.
- Salvation is not only a "past tense" reality but also a "present tense" reality.
- This second gospel truth refers to your spiritual growth, becoming more like Jesus.

43 Jesus answered them, "Stop grumbling among yourselves. 44 No one can come to me unless the Father who sent me draws him, and I will raise him up on the last day. 45 It is written in the Prophets: And they will all be taught by God. Everyone who has listened to and learned from the Father comes to me. (John 6:43-45 CSB)

James M Boice, an author, says, “What is the reason for our sickly Christian postures? Undoubtedly, the reason is our deep failure to feed upon Jesus Christ who alone can make us grow” (*source: The Gospel of John, 470*).

3. **The Essentiality of Jesus For Your Spiritual Glorification.**

- Jesus is essential for your spiritual glorification.
- Salvation is not only “past tense” and “present tense” realities, but also a “future tense” reality.
- This stage of salvation refers to your glorification.

39 This is the will of him who sent me: that I should lose none of those he has given me but should raise them up on the last day. 40 For this is the will of my Father: that everyone who sees the Son and believes in him will have eternal life, and I will raise him up on the last day.” (John 6:39-40 CSB)

- This gospel truth should bring about hope to your life for today and tomorrow.
- This gospel truth should eliminate your worries.
- This gospel truth should make you want to see Jesus soon!

Conclusion

- In the garden of Eden, the first temptation ever that was offered to humans as an alternative way of living instead of trusting God involved food.
- In the wilderness, the entire Israelite community grumbled against Moses and Aaron due to lack of food.
- After that tragic happening in that post-Exodus wilderness, about 1,500 years later, also in the wilderness, the devil presented Jesus with a timely solution to his hunger after fasting for forty days and forty nights. **"If you are the Son of God, tell these stones to become bread" (Matt 4:3b)...He answered the devil, "It is written: Man does not live on bread alone but on every word that comes from the mouth of God" (Matt 4:4 CSB).**
- At the fulfillment of all things which God has promised for his people, in heaven, they will be invited to the marriage feast of the Lamb.

    - ❖ What will you do with Jesus – the Bread of Life? Are you hungry?
    - ❖ Jesus is all you need!
    - ❖ I want to encourage you to come to Jesus and believe in him.

[The JOY Cafe is open now every Sunday, after the 9 am and 11 am worship services. Team members will be available to talk with you and pray for you.]

⇒As we enter 2026, by the power of the Holy Spirit, let's have more of Jesus, let's have more of the Bible and let's have less of this world!

Let's pray!

Jo Kaminaga (Joel)
Tokyo Baptist Church
December 27&28, 2025

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