

▼ **Jesus - The Bread Of Life**

Rocklyn Clarke Sr. - Sunday August 23, 2026

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<http://www.LifeChurchBoston.org/>

▼ **Opening Material**

▼ **Welcome!**

- Praise the Lord!
- Welcome to another Life Church sermon!

▼ **Transition**

- Welcome to another Sunday at Life Church.
- The QR code (also available on our song sheets) links to our Visitor Landing Page.
- Use it to access our notes, share your contact information, and access our giving page.
- Questions? If you took the time to visit us, you deserve to get answers!
- Email: Questions@LifeChurchBoston.ORG
- We are continuing through John 6.
- We will have Life Group after the message.

▼ **Thoughts**

▼ **Video**

- [Chase: We Talkin' Bout Cashbacking I Chase Freedom Unlimited](#) - YouTube (00:00:30)
- [Talking About Making Disciples](#) - YouTube (00:00:25)

▼ **Acts 2:42-43 - The 4 Devotions:**

- The apostles' teaching
- fellowship
- the breaking of bread
- prayer
- **Cultural Rivers**

▼ **Overview**

▼ **In today's message we will do the following:**

▼ Why are we here?

- Acts 2:36-39
- Acts 17:29-31
- Review passage - John 6:25-59
- Explore what Jesus is teaching us.
- Transition to Life Group.

▼ Opening Material

► Moralistic Therapeutic Deism

▼ Why are we here?

- Acts 2:29-39 - Spoken to Jews

“Fellow Israelites, I can tell you confidently that the patriarch David died and was buried, and his tomb is here to this day. But he was a prophet and knew that God had promised him on oath that he would place one of his descendants on his throne. **Seeing what was to come, he spoke of the resurrection of the Messiah**, that he was not abandoned to the realm of the dead, nor did his body see decay. **God has raised this Jesus to life, and we are all witnesses of it.** Exalted to the right hand of God, he has received from the Father the promised Holy Spirit and has poured out what you now see and hear.

For David did not ascend to heaven, and yet he said,

“ ‘The Lord said to my Lord:

“Sit at my right hand
until I make your enemies
a footstool for your feet.” ’

“Therefore let all Israel be assured of this: **God has made this Jesus, whom you crucified, both Lord and Messiah.**”

When the people heard this, they were cut to the heart and said to Peter and the other apostles, “Brothers, what shall we do?”

Peter replied, “**Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.** The promise is for you and your children and for all who are far off —for all whom the Lord our God will call.”

- Acts 17:29-31 - Spoken to Gentiles

“Therefore, since we are God’s offspring, we should not think that the divine being is like gold or silver or stone—an image made by human design and skill. In the past God overlooked such ignorance, but now he commands all people everywhere to repent. **For he has set a day when he will judge the world with justice by the man he has appointed. He has given proof of this to everyone by raising him from the dead.**”

▼ Welcome to John!

▼ Video

- [Bible Project: John 1-12](#) - (00:08:46)

- John 20:30-31

Jesus performed many other signs in the presence of his disciples, which are not recorded in this book. But these are written that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in his name.

- John 21:25

Jesus did many other things as well. If every one of them were written down, I suppose that even the whole world would not have room for the books that would be written.

▼ Embrace Jesus' Mission

▼ Jesus' mission, (expressed in the synoptic gospels) still applies.

- Matthew 4:17 – “Repent, for the Kingdom of God has come near!”
- Mark 1:14-15 – “The Kingdom of God has come near . . .”
- Luke 4:14-21 – “The Spirit of the Lord is upon me . . .”

▼ Feed on the Life of Jesus

- Are you “worded up”?
- Eat his flesh; Drink his blood - John 6:53-59; 2 Samuel 23:13-17
- Does the Word of Christ dwell in you richly (Colossians 3:16 - KJV)?

▼ What if you read a Gospel every month - a chapter a day?

- The Gospel of John in August (8/1 – 8/21)
- The Gospel of Matthew in September (9/1 – 9/28)
- The Gospel of Mark in October (10/1 – 10/16)
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- The Gospel of John in December (12/1 – 12/21)

▼ For August this means:

- No John reading on August 22 (yesterday).
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- etc.
- As you read, write down any questions you have.

▼ Ask yourself the following questions:

- What did this chapter teach me about how Jesus viewed himself, his mission, his relationship to God, and his relationship to others?

- What would I like to better understand about this chapter?
- What did I find challenging about this chapter?
- What did I learn as I tried to apply this chapter to my life?
- Would an outsider who read this chapter recognize that I was trying to apply it to my life?

▼ **Jesus explained his teaching to his disciples:**

With many similar parables Jesus spoke the word to them, as much as they could understand. He did not say anything to them without using a parable. But when he was alone with his own disciples, he explained everything. – Mark 4:33-34 (NIV)

- Did you grow up in church without getting your questions answered?
- Did you grow up apart from church wondering what all the fuss was about?
- Either way, don't be afraid to start from scratch or start over from scratch with someone who can walk you through the Bible so that you can understand God's Kingdom.
- Read and listen to God's Word in community!

▼ **Video:**

- [Discipleship.ORG: Key Disciple Making Definitions for Church Leaders](#) - YouTube (00:05:26)
- [The Ministers Corner: Part 1/3: Inductive Bible Study Method \(Observation\)](#) - YouTube (00:06:27)
- [The Ministers Corner: Part 2/3: Inductive Bible Study \(Interpretation\)](#) - YouTube (00:11:50)
- [The Ministers Corner: Part 3/3: Inductive Bible Study \(Application\)](#) - YouTube (00:07:18)
- [Bible Project: Eternal Life](#) - YouTube (00:05:30)

▼ **Making Disciples:**

▼ **A Disciple is someone who is:**

- Following Jesus
- Being changed by Jesus
- Committed to the mission of Jesus
- **We want to establish a disciple-making community.**

▼ John 6:25-59

When they found him on the other side of the lake, they asked him, “Rabbi, when did you get here?”

Jesus answered, “Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill. Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.”

Then they asked him, “What must we do to do the works God requires?”

Jesus answered, “The work of God is this: to believe in the one he has sent.”

So they asked him, “What sign then will you give that we may see it and believe you? What will you do? Our ancestors ate the manna in the wilderness; as it is written: ‘He gave them bread from heaven to eat.’ ”

Jesus said to them, “Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is the bread that comes down from heaven and gives life to the world.”

“Sir,” they said, “always give us this bread.”

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. But as I told you, you have seen me and still you do not believe. All those the Father gives me will come to me, and whoever comes to me I will never drive away. For I have come down from heaven not to do my will but to do the will of him who sent me. And this is the will of him who sent me, that I shall lose none of all those he has given me, but raise them up at the last day. For my Father’s will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day.”

At this the Jews there began to grumble about him because he said, “I am the bread that came down from heaven.” They said, “Is this not Jesus, the son of Joseph, whose father and mother we know? How can he now say, ‘I came down from heaven’?”

“Stop grumbling among yourselves,” Jesus answered. “No one can come to me unless the Father who sent me draws them, and I will raise them up at the last day. It is written in the Prophets: ‘They will all be taught by God.’ Everyone who has heard the Father and learned from him comes to me. No one has seen the Father except the one who is from God; only he has seen the Father. Very truly I tell you, the one who believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, yet they died. But here is the bread that comes down from heaven, which anyone may eat and not die. 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.”

Then the Jews began to argue sharply among themselves, “How can this man give us his flesh to eat?”

Jesus 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. Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. For my flesh is real food and my blood is real drink. Whoever eats my flesh and drinks my blood remains in me, and I in them. Just 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. This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever.” He said this while teaching in the synagogue in Capernaum.

▼ Narrative

- The people ask Jesus when he got there.
- He tells them they’re not looking for him because of the signs, but rather because they ate the loaves.

- He exhorts them to work for food that endures to eternal life rather than food that spoils.
- They ask what works God requires.
- Jesus tells them to believe in the one God has sent.
- The crowd asks for a sign - mentioning that their ancestors ate manna in the wilderness.
- Jesus declares that the Father gives them the true bread from heaven.
- The crowd tells Jesus to always give them this bread.
- Jesus declares that he is the bread of life and that whoever comes to him will never go hungry or thirsty.
- The Jews grumble.
- Jesus declares that he is the living bread that came down from heaven.
- The Jews argue among themselves about how Jesus can give them his flesh to eat.
- Jesus explains that unless they eat his flesh and drink his blood they have no life in them.

▼ Observations

- Eating Jesus' flesh is an extremely pointed metaphor.
- Drinking Jesus' blood is an extremely pointed metaphor. It

▼ Parallel & Related Passages

▼ Exodus 16

The whole Israelite community set out from Elim and came to the Desert of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had come out of Egypt. In the desert the whole community grumbled against Moses and Aaron. The Israelites said to them, "If only we had died by the LORD'S hand in Egypt! There we sat around pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death."

Then the LORD said to Moses, "I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions. On the sixth day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days."

So Moses and Aaron said to all the Israelites, "In the evening you will know that it was the LORD who brought you out of Egypt, and in the morning you will see the glory of the LORD, because he has heard your grumbling against him. Who are we, that you should grumble against us?" Moses also said, "You will know that it was the LORD when he gives you meat to eat in the evening and all the bread you want in the morning, because he has heard your grumbling against him. Who are we? You are not grumbling against us, but against the LORD."

Then Moses told Aaron, "Say to the entire Israelite community, 'Come before the LORD, for he has heard your grumbling.'"

While Aaron was speaking to the whole Israelite community, they looked toward the desert, and there was the glory of the LORD appearing in the cloud.

The LORD said to Moses, “I have heard the grumbling of the Israelites. Tell them, ‘At twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the LORD your God.’”

That evening quail came and covered the camp, and in the morning there was a layer of dew around the camp. When the dew was gone, thin flakes like frost on the ground appeared on the desert floor.

When the Israelites saw it, they said to each other, “What is it?” For they did not know what it was.

Moses said to them, “It is the bread the LORD has given you to eat. This is what the LORD has commanded: ‘Everyone is to gather as much as they need. Take an omer for each person you have in your tent.’”

The Israelites did as they were told; some gathered much, some little. And when they measured it by the omer, the one who gathered much did not have too much, and the one who gathered little did not have too little. Everyone had gathered just as much as they needed.

Then Moses said to them, “No one is to keep any of it until morning.”

However, some of them paid no attention to Moses; they kept part of it until morning, but it was full of maggots and began to smell. So Moses was angry with them.

Each morning everyone gathered as much as they needed, and when the sun grew hot, it melted away. On the sixth day, they gathered twice as much—two omers for each person—and the leaders of the community came and reported this to Moses. He said to them, “This is what the LORD commanded: ‘Tomorrow is to be a day of sabbath rest, a holy sabbath to the LORD. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.’”

So they saved it until morning, as Moses commanded, and it did not stink or get maggots in it. “Eat it today,” Moses said, “because today is a sabbath to the LORD. You will not find any of it on the ground today. Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any.”

Nevertheless, some of the people went out on the seventh day to gather it, but they found none. Then the LORD said to Moses, “How long will you refuse to keep my commands and my instructions? Bear in mind that the LORD has given you the Sabbath; that is why on the sixth day he gives you bread for two days. Everyone is to stay where they are on the seventh day; no one is to go out.” So the people rested on the seventh day.

The people of Israel called the bread manna. It was white like coriander seed and tasted like wafers made with honey. Moses said, “This is what the LORD has commanded: ‘Take an omer of manna and keep it for the generations to come, so they can see the bread I gave you to eat in the wilderness when I brought you out of Egypt.’”

So Moses said to Aaron, “Take a jar and put an omer of manna in it. Then place it before the LORD to be kept for the generations to come.”

As the LORD commanded Moses, Aaron put the manna with the tablets of the covenant law, so that it might be preserved. The Israelites ate manna forty years, until they came to a land that was settled; they ate manna until they reached the border of Canaan.

(An omer is one-tenth of an ephah.)

▼ Observations

- The Israelites grumble about not having enough food.
- The LORD tells Moses that he will rain down bread for them from heaven.
- The people are to go out every morning and gather a fresh supply of what they need.

- It won't last until the next day except on when they are to gather enough for the sabbath as well.
- They called it "manna" - meaning "What is it?"

▼ 2 Samuel 23:13-17

During harvest time, three of the thirty chief warriors came down to David at the cave of Adullam, while a band of Philistines was encamped in the Valley of Rephaim. At that time David was in the stronghold, and the Philistine garrison was at Bethlehem. David longed for water and said, "Oh, that someone would get me a drink of water from the well near the gate of Bethlehem!" So the three mighty warriors broke through the Philistine lines, drew water from the well near the gate of Bethlehem and carried it back to David. But he refused to drink it; instead, he poured it out before the LORD.

"Far be it from me, LORD, to do this!" he said. "Is it not the blood of men who went at the risk of their lives?" And David would not drink it.

Such were the exploits of the three mighty warriors.

▼ Observations

- David describes drinking the water gained through his warriors' sacrifice as drinking their blood.
- David refused to benefit from his warriors' sacrifice.

▼ Observations

- Jesus is challenging the Jews to embrace him not just as their provider, but as their Lord.
- Jesus is challenging them to submit to his agenda.
- This passage reveals the importance of believing in the one God has sent - Jesus.
- We need to understand fully what it means to believe in Jesus.
- Eating Jesus' flesh is best understood as feeding on his words and actions.
- Drinking Jesus' blood is best understood as accepting the benefit of his sacrifice.

▼ Lessons

- How can we move beyond what Jesus can do for us?
- How can we embrace his agenda for us?
- How do we feed on his life?
- Work as a team to reflect on this passage.
- Identify what the Lord is saying to you in this passage and pray for one another appropriately.

▼ Life Group

▼ Welcome (5 - 10 minutes)

- [Icebreaker](#)

- **Worship (optional for life group meetings during Sunday service)**

- ▼ **Word - Discussion Questions**

For each question, spend 1 – 2 minutes in silence before you begin to respond.

- **What did this passage mean to the people who first received it?**
- **What does this passage mean to you?**
- **How will you apply this passage this coming week?**

- ▼ **Witness**

How will we work together as a team to be "good news" to the people around us?

- ▼ **Explore the Harvest Skills in the Training Page “Big Blueprint” diagram.**

- ▼ What level are you at with these?

- Are you a “wanderer”, “follower”, “achiever”, or a “leader”?
- What’s your plan for developing these skills?
- **Pray for the unchurched people you’ve been identifying.**



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Thoughts



- Acts 2:42-43 - The 4 Devotions:
 - the apostles' teaching
 - fellowship
 - the breaking of bread
 - prayer
- Cultural Rivers



Overview



In today's message we will deal with the following:

- Why are we here?
 - Acts 2:29-39
 - Acts 17:29-31
- Review our passage – John 6:25-59
- Explore what Jesus is teaching us.
- Transition to Life Group.



Feed on the Life of Jesus (1 of 4)

Are you “worded up”?

Eat his flesh; Drink his blood – John 6:53-59; 2 Samuel 23:13-17

Does the Word of Christ dwell in you richly (Colossians 3:16 - KJV)?

What if you read a Gospel every month - a chapter a day?

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Feed on the Life of Jesus (2 of 4)



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Feed on the Life of Jesus (3 of 4)

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Feed on the Life of Jesus (4 of 4)

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Discipleship Definition



A Disciple is someone who is:

- Following Jesus
- Being changed by Jesus
- Committed to the mission of Jesus

We want to establish a disciple-making community!



Exodus 16 (NIV) – 1 of 4

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Exodus 16 (NIV) – 2 of 4

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Exodus 16 (NIV) – 3 of 4

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Exodus 16 (NIV) – 4 of 4

Nevertheless, some of the people went out on the seventh day to gather it, but they found none. Then the LORD said to Moses, “How long will you refuse to keep my commands and my instructions? Bear in mind that the LORD has given you the Sabbath; that is why on the sixth day he gives you bread for two days. Everyone is to stay where they are on the seventh day; no one is to go out.” So the people rested on the seventh day.

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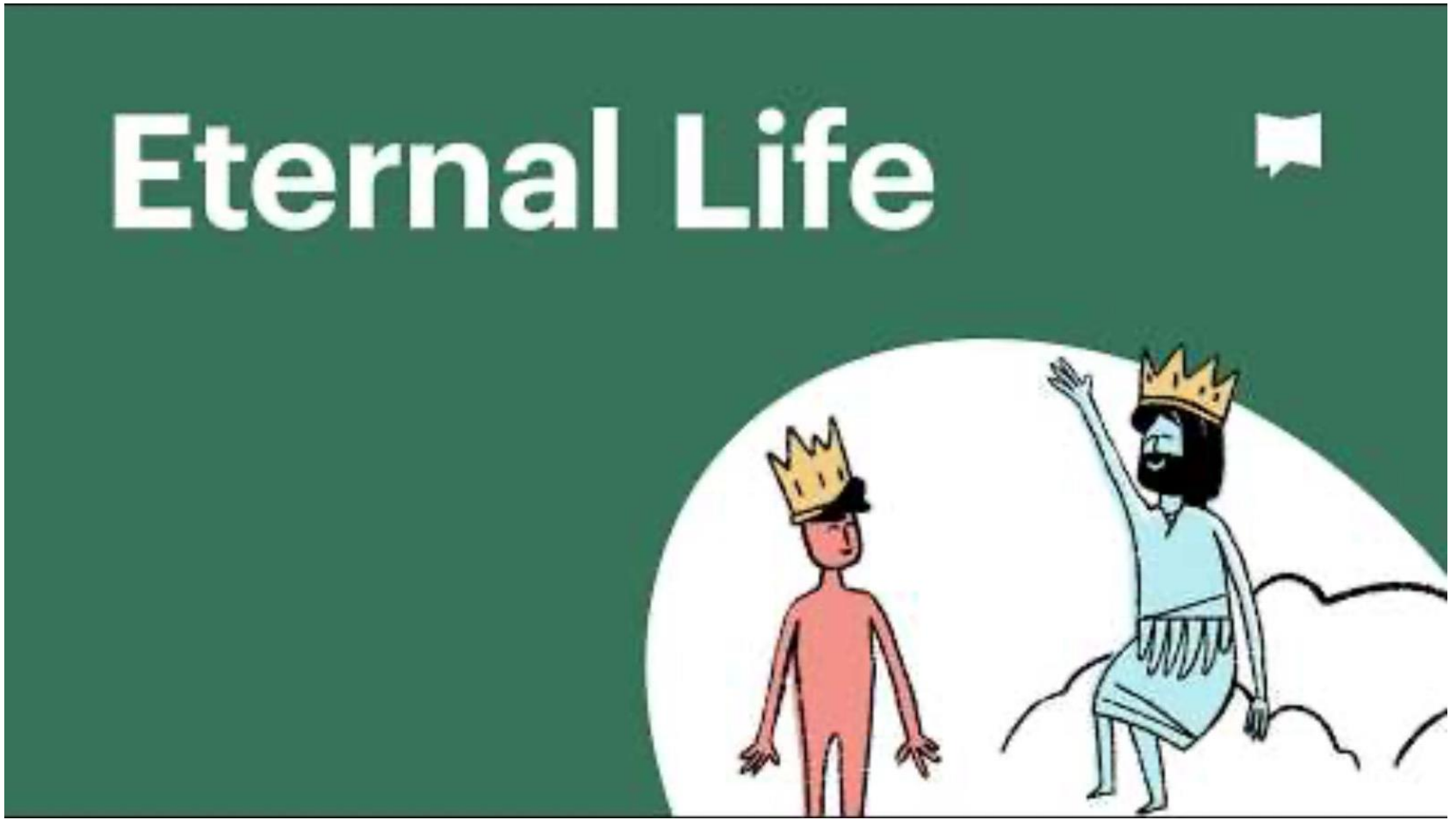


Bible Project: John 1-12





Bible Project: Eternal Life





John 6:25-59 (NIV) 1 of 4

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Jesus answered, “Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill. Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.”

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“Sir,” they said, “always give us this bread.”



John 6:25-59 (NIV) 2 of 4

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. But as I told you, you have seen me and still you do not believe. All those the Father gives me will come to me, and whoever comes to me I will never drive away. For I have come down from heaven not to do my will but to do the will of him who sent me. And this is the will of him who sent me, that I shall lose none of all those he has given me, but raise them up at the last day. For my Father’s will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day.”

At this the Jews there began to grumble about him because he said, “I am the bread that came down from heaven.” They said, “Is this not Jesus, the son of Joseph, whose father and mother we know? How can he now say, ‘I came down from heaven’?”



John 6:25-59 (NIV) 3 of 4

“Stop grumbling among yourselves,” Jesus answered. “No one can come to me unless the Father who sent me draws them, and I will raise them up at the last day. It is written in the Prophets: ‘They will all be taught by God.’ Everyone who has heard the Father and learned from him comes to me. No one has seen the Father except the one who is from God; only he has seen the Father. Very truly I tell you, the one who believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, yet they died. But here is the bread that comes down from heaven, which anyone may eat and not die. 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 6:25-59 (NIV) 4 of 4

Then the Jews began to argue sharply among themselves, “How can this man give us his flesh to eat?”

Jesus 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. Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. For my flesh is real food and my blood is real drink. Whoever eats my flesh and drinks my blood remains in me, and I in them. Just 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. This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever.” He said this while teaching in the synagogue in Capernaum.



Narrative

- The people ask Jesus when he got there.
- He tells them they're not looking for him because of the signs, but rather because they ate the loaves.
- He exhorts them to work for food that endures to eternal life rather than food that spoils.
- They ask what works God requires.
- Jesus tells them to believe in the one God has sent.
- The crowd asks for a sign - mentioning that their ancestors ate manna in the wilderness.



Narrative (continued)

- Jesus declares that the Father gives them the true bread from heaven.
- The crowd tells Jesus to always give them this bread.
- Jesus declares that he is the bread of life and that whoever comes to him will never go hungry or thirsty.
- The Jews grumble.
- Jesus declares that he is the living bread that came down from heaven.
- The Jews argue among themselves about how Jesus can give them his flesh to eat.
- Jesus explains that unless they eat his flesh and drink his blood they have no life in them.



Observations



- Jesus is challenging the Jews to embrace him not just as their provider, but as their Lord.
- Jesus is challenging them to submit to his agenda.
- This passage reveals the importance of believing in the one God has sent - Jesus.
- We need to understand fully what it means to believe in Jesus.
- Eating Jesus' flesh is best understood as feeding on his words and actions.
- Drinking Jesus' blood is best understood as accepting the benefit of his sacrifice.



Lessons



- How can we move beyond what Jesus can do for us?
- How can we embrace his agenda for us?
- How do we feed on his life?
- Work as a team to reflect on this passage.
- Identify what the Lord is saying to you in this passage and pray for one another appropriately.



Life Groups



Word - Spend 1 – 2 minutes in silence before you begin each question.

- What did this passage mean to the people who first received it?
- What does this passage mean to you?
- How will you apply this passage this coming week?

Witness (How we work as a team to be "good news" to others)

- Explore the Harvest Skills in the Training Page “Big Blueprint” diagram.
- What level are you at with these?
 - Are you a “wanderer”, “follower”, “achiever”, or a “leader”?
 - What’s your plan for developing these skills?
- Pray for the unchurched people you’ve been identifying.



Announcements



Visitor Page

- Sunday Service May 24, 2026
- Men's Bible Study Wed (5/27) 7pm - 8:30pm - via Zoom
- Sunday Service May 31, 2026
- Men's Bible Study Wed (6/3) 7pm - 8:30pm - via Zoom
- Sunday Service (Communion) June 7, 2026
- Sunday Connection June 7, 2026 12n - 2pm
- Men's Bible Study Wed (6/10) 7pm - 8:30pm - via Zoom



Life Groups



Word - Spend 1 – 2 minutes in silence before you begin each question.

- What did this passage mean to the people who first received it?
- What does this passage mean to you?
- How will you apply this passage this coming week?

Witness (How we work as a team to be "good news" to others)

- Explore the Harvest Skills in the Training Page “Big Blueprint” diagram.
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