

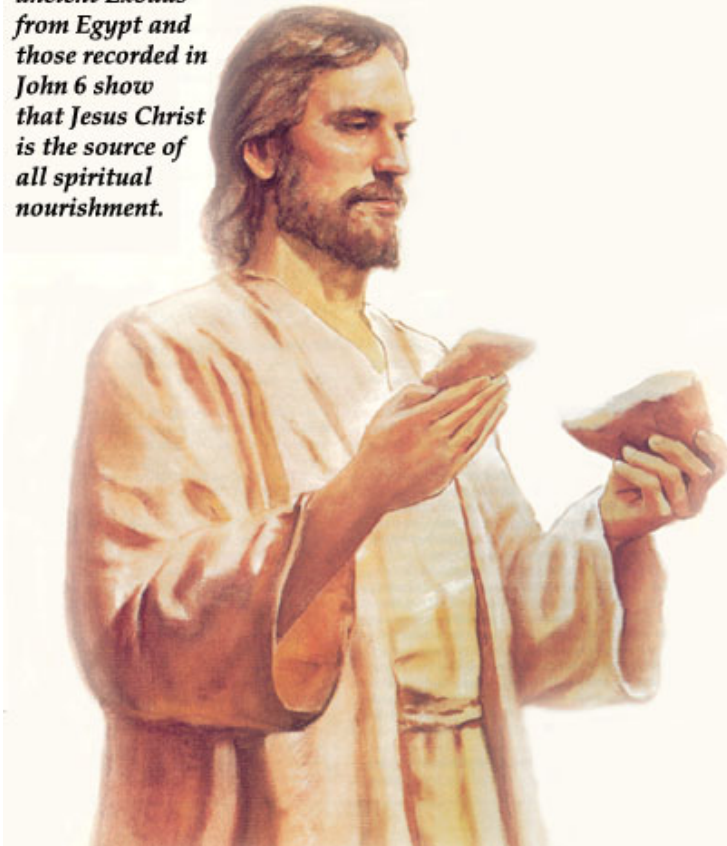
Web site "nathanolsen.com"

Next Weeks Lesson: "Who Is My Neighbor?" ([Matthew 18](#); [Luke 10](#))

Today's Lesson: "I Am the Bread of Life" ([John 5-6](#); [Mark 6:30-44](#); [Matthew 14:22-33](#))

A. "I Am The Bread of Life" ([John 6](#))

The events of the ancient Exodus from Egypt and those recorded in John 6 show that Jesus Christ is the source of all spiritual nourishment.



5 ¶ When Jesus then lifted up *his* eyes, and saw a great company come unto him, he saith unto Philip, Whence shall we buy bread, that these may eat?

6 And this he said to prove him: for he himself knew what he would do.

7 Philip answered him, Two hundred pennyworth of bread is not sufficient for them, that every one of them may take a little.

8 One of his disciples, Andrew, Simon Peter's brother, saith unto him,

9 There is a lad here, which hath five barley loaves, and two small fishes: but what are they among so many?

10 And Jesus said, Make the men sit down. Now there was much grass in the place. So the men sat down, in number about ^afive^{*} thousand.

11 And Jesus took the loaves; and when he had given ^athanks^{*}, he distributed to the disciples, and the disciples to them that were set down; and likewise of the fishes as much as they would.

12 When they were filled, he said unto his

disciples, Gather up the fragments that remain, that nothing be ^alost^{*}.

13 Therefore they gathered *them* together, and filled twelve baskets with the fragments of the five barley loaves, which remained over and above unto them that had eaten.

14 Then those men, when they had seen the ^amiracle^{*} that Jesus did, said, This is of a truth that ^bprophet^{*} that should come into the world.

22 ¶ The day following, when the people which stood on the other side of the sea saw that there was none other boat there, save that one whereinto his disciples were entered, and that Jesus went not with his disciples into the boat, but *that* his disciples were gone away



alone;

23 (Howbeit there came other boats from Tiberias nigh unto the place where they did eat bread, after that the Lord had given thanks:)

24 When the people therefore saw that Jesus was not there, neither his disciples, they also took shipping, and came to Capernaum, seeking for Jesus.

25 And when they had found him on the other side of the sea, they said unto him, Rabbi, when camest thou hither?

26 Jesus answered them and said, Verily, verily, I say unto you, Ye seek me, ^anot because ye saw the miracles, but because ye did eat of the loaves, and were filled.

27 ^aLabour not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the ^bSon of man shall give unto you: for him hath God the Father ^csealed.

28 Then said they unto him, What shall we do, that we might work the works of God?

29 Jesus answered and said unto them, This is the work of God, that ye ^abelieve on him whom he hath sent.

30 They said therefore unto him, What ^asign shewest thou then, that we may see, and believe thee? what dost thou work?

31 Our fathers did eat manna in the desert; as it is written, He gave them ^abread from heaven to eat.

32 Then Jesus said unto them, Verily, verily, I say unto you, Moses gave you not that bread from heaven; but my Father giveth you the true bread from heaven.

33 For the bread of God is he which cometh down from heaven, and giveth life unto the world.

34 Then said they unto him, Lord, evermore give us this bread.

35 And Jesus said unto them, I am the ^abread of life: he that cometh to me shall never hunger; and he that believeth on me shall never ^bthirst.

36 But I said unto you, That ye also have seen me, and believe not.

37 All that the Father ^agiveth me shall come to me; and him that cometh to me I will in no wise ^bcast out.



38 For I ^acame down from heaven, not to do mine own ^bwill, but the ^cwill of him that sent me.

39 And this is the ^aFather's ^bwill which hath sent me, that of all which he hath given me I should lose ^cnothing, but should ^draise it up again at the last day.

40 And this is the will of him that sent me, that every one which seeth the Son, and ^abelieveth on him, may have ^beverlasting life: and I will raise him up ^cat the last day.

41 The Jews then murmured at him, because he said, I am the bread which came down from heaven.

42 And they said, Is not this Jesus, the son of ^aJoseph, whose father and mother we know? how is it then that he saith, I came down from heaven?

43 Jesus therefore answered and said unto them, ^aMurmur not among yourselves.

44 ^aNo man can ^bcome to me, except the Father which hath sent me ^cdraw him: and I will raise him up at the last day.

^ataught of God. Every man therefore that hath heard, and hath learned of the ^bFather, cometh unto me.

46 Not that any man hath seen the Father, save he which is of God, he hath ^aseen the Father.
47 Verily, verily, I say unto you, He that ^abelieveth on me hath ^beverlasting life.

48 I am that bread of life.
49 Your fathers did eat ^amanna in the wilderness, and are dead.
50 This is the bread which cometh down from heaven, that a man may eat thereof, and not die.

51 I am the living ^abread which came down from heaven: if any man eat of this bread, he shall live for ever: and the ^bbread that I will give is my ^cflesh, which I will ^dgive for the ^elife of the world.

52 The Jews therefore strove among themselves, saying, How can this man give us *his* flesh to eat?

53 Then Jesus said unto them, Verily, verily, I say unto you, Except ye ^aeat the flesh of the ^bSon of man, and drink his blood, ye have no life in you.

54 Whoso eateth my ^aflesh, and drinketh my ^bblood, hath eternal life; ^cand I will ^draise him up at the last day.

55 For my flesh is meat indeed, and my blood is drink indeed.

56 He that eateth my flesh, and drinketh my blood, ^adwelleth in me, and I in him.

57 As the living Father hath ^asent me, and I live by the Father: so he that eateth me, even he shall ^blive by me.

58 This is that bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eateth of this bread shall live for ever.

59 These things said he in the synagogue, as he taught in Capernaum.

60 Many therefore of his disciples, when they had heard *this*, said, This is an hard saying; who can hear it?

61 When Jesus ^aknew in himself that his disciples murmured at it, he said unto them, Doth this ^boffend you?

62 *What* and if ye shall see the ^aSon of man ^bascend up where he was before?

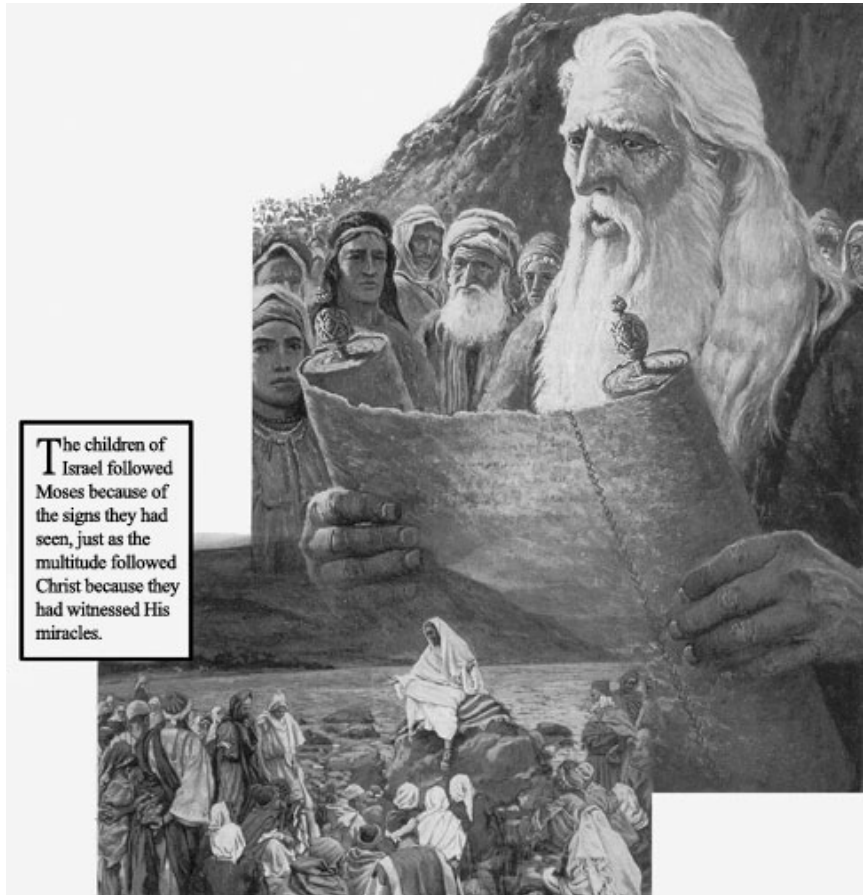
63 It is the ^aspirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, *they* are spirit, and *they* are life.

64 But there are some of you that believe not. For Jesus knew from the beginning who they were that believed not, and who should ^abetray him.

65 And he said, Therefore said I unto you, that no man can come unto me, ^aexcept it were given unto him of my Father.

66 ¶ From that *time* many of his ^adisciples went back, and ^bwalked no more with him.

B. Mosiah 3:19 "For the ^anatural ^bman is an ^cenemy to God, and has been from the ^dfall of Adam, and will be, forever and ever, unless he ^eyields to the enticings of the Holy ^fSpirit,



and ^gputteth off the ^hnatural man and becometh a ⁱsaint through the atonement of Christ the Lord, and becometh as a ^lchild, ^ksubmissive, meek, humble, patient, full of love, willing to submit to all things which the Lord seeth fit to inflict upon him, even as a child doth submit to his father.”

C. What are the elements that are necessary for the survival of these two beings?

The Physical Man

1. Air-breath
2. Water
3. Food
4. Sleep
5. Exercise
6. (Medication)
- 7.
- 8.



The Spiritual Man

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

D. What are the elements of Bread?

1. Wheat – Flour
2. Yeast
3. Water
4. Salt
5. Oil
6. Sugar - Honey



What are the corresponding elements of the Spirit?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

- E. What must we do to make the elements of the spirit as delicious to the taste as a fresh hot peace of bread with butter and honey?
- F. As you and I assess the “size of our spiritual growth” how does this parable of “The Bread of Life” help us to measure our progress?
- G. On this Easter Sabbath 2003, what commitments are you willing to make with the Savior to better nourish your spiritual body?



Commitment #1 _____

Commitment #2 _____