



Day 1

 Please pray for holy guidance and insight before you begin today's study.

 The following verse, which was the last verse in the previous lesson, is repeated for continuity and because it is such a foundational message.

John 6:47 [Jesus stated:]

I tell you the truth, he who believes [in me] has everlasting life.

Jesus is The Bread of Life

⁴⁸ I am the bread of life.

Q1. How would you explain the statement, “I am the bread of life” to a non-believer?

⁴⁹ Your forefathers ate the manna in the desert, yet they died.

Q2. During what period of Israelite history was “manna” important? (Hint: forty years & Moses)

Q3. What is “manna”?

Exodus 16:1-5

¹ 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. ² In the desert the whole community grumbled against Moses and Aaron. ³ 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.”

⁴ 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. ⁵ 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.”

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Exodus 16:11-16

¹¹ The LORD said to Moses, ¹² “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.’”

¹³ That evening quail came and covered the camp, and in the morning there was a layer of dew around the camp. ¹⁴ When the dew was gone, thin flakes like frost on the ground appeared on the desert floor. ¹⁵ 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. ¹⁶ This is what the LORD has commanded: ‘Each one is to gather as much as he needs. Take an omer [An omer was about 2 quarts or 2 liters; or about 3 pounds or 1.4 kilograms] for each person you have in your tent.’”

Exodus 16:31-35

³¹ The people of Israel called the bread manna. It was white like coriander seed and tasted like wafers made with honey. ³² 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 desert when I brought you out of Egypt.’”

³³ 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.” ³⁴ As the LORD commanded Moses, Aaron put the manna in front of the Testimony, that it might be kept. ³⁵ 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.


⁵⁰ But here is the bread that comes down from heaven, which a man may eat and not die.

Q4. How can a person eat “bread that comes down from Heaven”?

Q5. Why will the person eating this bread “not die”?

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⁵¹ I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world."

⁵² Then the Jews began to argue sharply among themselves, "How can this man give us his flesh to eat?"

Q6. The Jews asked, "How can this man give us his flesh to eat?" How would you answer their question? (To the Jewish leadership it sounds like cannibalism.)

⁵³ Jesus said to them, "I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you.

Q7. Is it okay according to Jewish tradition and law to eat flesh or drink blood?

Leviticus 3:17

“This is a lasting ordinance for the generations to come, wherever you live: You must not eat any fat or any blood.”

Q8. Is animal sacrifice important to the Jewish religion?

Exodus 12:1-14 [The Message (MSG)]

¹⁻¹⁰ God said to Moses and Aaron while still in Egypt, “This month is to be the first month of the year for you. Address the whole community of Israel; tell them that on the tenth of this month each man is to take a lamb for his family, one lamb to a house. If the family is too small for a lamb, then share it with a close neighbor, depending on the number of persons involved. Be mindful of how much each person will eat. Your lamb must be a healthy male, one year old; you can select it from either the sheep or the goats. Keep it penned until the fourteenth day of this month and then slaughter it — the entire


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community of Israel will do this — at dusk. Then take some of the blood and smear it on the two doorposts and the lintel of the houses in which you will eat it. You are to eat the meat, roasted in the fire, that night, along with bread, made without yeast, and bitter herbs. Don't eat any of it raw or boiled in water; make sure it's roasted — the whole animal, head, legs, and innards. Don't leave any of it until morning; if there are leftovers, burn them in the fire.

¹¹ “And here is how you are to eat it: Be fully dressed with your sandals on and your stick in your hand. Eat in a hurry; it's the Passover to God.

¹²⁻¹³ “I will go through the land of Egypt on this night and strike down every firstborn in the land of Egypt, whether human or animal, and bring judgment on all the gods of Egypt. I am God. The blood will serve as a sign on the houses where you live. When I see the blood I will pass over you — no disaster will touch you when I strike the land of Egypt.

¹⁴ “This will be a memorial day for you; you will celebrate it as a festival to God down through the generations, a fixed festival celebration to be observed always.

 Even though the lamb or goat-kid will be in the house for only a few days – from the tenth to the fourteenth – the animal will become a kind of household pet, especially to any children living in the home. Then, it will be sacrificed and eaten. It is harsh by our standards. However, this is merely a taste, a foreshadowing, of the terrible sacrifice Father God and His Son Christ Jesus will make in the future. Blood is life. Christ Jesus is life. Without sacrifice and the loss of life, there can be no atonement (or redemption or propitiation) for sin. Father God instituted animal sacrifice for the atonement of sin. And Christ Jesus was the final – once, for all – sacrifice for all who believe in His saving grace.

Q9. According to Jewish history, why is “blood” important?

Hebrews 9:22

In fact, the law requires that nearly everything be cleansed with blood, and without the shedding of blood there is no forgiveness.


Genesis 8:20

Then Noah built an altar to the Lord and, taking some of all the clean animals and clean birds, he sacrificed burnt offerings on it.

Genesis 46:1 [The Message (MSG)]

So, Israel set out on the journey with everything he owned. He arrived at Beersheba and worshiped, offering sacrifices to the God of his father Isaac.

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 Note: When a Jew lays his hand on the head of the animal-sacrifice, it symbolizes the transfer of the person's sin and guilt to the animal, which is then sacrificed – sin is put to death. However, sacrifices are endless. The Jew sins, sacrifice. The Jew sins, sacrifice.

Leviticus 3:1-2a, 6-8a, 12-13a

¹ If your offering is a fellowship offering, and you offer an animal from the herd, whether male or female, you are to present before the Lord an animal without defect. ^{2a} You are to lay your hand on the head of your offering and slaughter it at the entrance to the tent of meeting . . .


⁶ “If you offer an animal from the flock as a fellowship offering to the Lord, you are to offer a male or female without defect. ⁷ If you offer a lamb, you are to present it before the Lord, ^{8a} lay your hand on its head and slaughter it in front of the tent of meeting . . .

¹² “If your offering is a goat, you are to present it before the Lord, ^{13a} lay your hand on its head and slaughter it in front of the tent of meeting.

Leviticus 4:1-4


¹ The Lord said to Moses, ² “Say to the Israelites: ‘When anyone sins unintentionally and does what is forbidden in any of the Lord’s commands —

³ “If the anointed priest sins, bringing guilt on the people, he must bring to the Lord a young bull without defect as a sin offering for the sin he has committed. ⁴ He is to present the bull at the entrance to the tent of meeting before the Lord. He is to lay his hand on its head and slaughter it there before the Lord.

 These verses are a sampling from the Old Testament that reference sacrifice. To Father God, sin is a BIG deal! It cannot be swept under the rug, shrugged-off, or ignored. Father God cannot tolerate sin. Period. He has given us the ultimate sacrifice which is that of His Son Christ Jesus. All we have to do is believe in His saving grace, bow our heads, pray to Christ Jesus of Nazareth, ask for forgiveness, and repent of our sin. Simple words. Simple words that are so difficult to do. Do you like the world and fear change? Liking the world is liking Satan, who is an avowed enemy of Christ Jesus. Does your pride get in your way? Pride itself can be a sin. Is your excuse that my sins are too big, or too many, that Christ Jesus will never forgive me? Believe these words: Christ Jesus has seen it all and will forgive all who reach out to Him in prayer; He hears our prayer and He forgives you, and me. (That said, our prayer does not erase any consequences in this world for our words and actions. However, our life in this world is temporary compared to eternity with Christ Jesus in our afterlife.) Remember: Christ Jesus paid the ultimate price to atone for our sins – His death, His sacrifice atones for your sins, for my sins. Praise Jesus!

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⁵⁴ Whoever eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. ⁵⁵ For my flesh is real food and my blood is real drink. ⁵⁶ Whoever eats my flesh and drinks my blood remains in me, and I in him. ⁵⁷ 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.

Q10. Why does the author John as led by the Holy Spirit continue to repeat this theme of eating flesh and drinking blood?

⁵⁸ This is the bread that came down from heaven. Your forefathers ate manna and died, but he who feeds on this bread will live forever." ⁵⁹ He said this while teaching in the synagogue in Capernaum.


Q11. Have you fed "on this bread"? Do you believe you (through your spirit, your soul) will live forever?

"Fed on this bread"?	Yes	Why?
	No	
Will you live forever?	Yes	Why?
	No	

Q12. Jesus was teaching in the synagogue in Capernaum; how do you think the Jews responded to His teaching?

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Day 4

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Many Disciples Desert Jesus

⁶⁰ On hearing it, many of his disciples said, "This is a hard teaching. Who can accept it?"

Q13. To what were the disciples referring when they said, "This is a hard teaching"?

Q14. When John the writer of this Scripture referred to "the disciples," was he writing about the twelve?

Q15. Personal: Do you "accept" the "hard teaching"?

⁶¹ Aware that his disciples were grumbling about this, Jesus said to them, "Does this offend you?"

Q16. If it hasn't been previously answered, why might the disciples be offended?

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⁶² What if you see the Son of Man ascend to where he was before!

Q17. Where was the “Son of Man . . . before”?

Acts 1:6-11 [The Message (MSG)]

⁶ When they [Jesus and His apostles] were together for the last time they asked, “Master, are you going to restore the kingdom to Israel now? Is this the time?”

⁷⁻⁸ He told them, “You don’t get to know the time. Timing is the Father’s business. What you’ll get is the Holy Spirit. And when the Holy Spirit comes on you, you will be able to be my witnesses in Jerusalem, all over Judea and Samaria, even to the ends of the world.”

⁹⁻¹¹ These were his last words. As they watched, he was taken up and disappeared in a cloud. They stood there, staring into the empty sky. Suddenly two men appeared — in white robes! They said, “You Galileans! — why do you just stand here looking up at an empty sky? This very Jesus who was taken up from among you to heaven will come as certainly — and mysteriously — as he left.”

Philippians 2:5-11

⁵ Your attitude should be the same as that of Christ Jesus: ⁶ Who, being in very nature God, did not consider equality with God something to be grasped, ⁷ but made himself nothing, taking the very nature of a servant, being made in human likeness. ⁸ And being found in appearance as a man, he humbled himself and became obedient to death -- even death on a cross!

⁹ Therefore God exalted him to the highest place and gave him the name that is above every name, ¹⁰ that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, ¹¹ and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

⁶³ The Spirit gives life; the flesh counts for nothing. The words I have spoken to you are spirit and they are life.

Q18. What does Jesus mean when He states that, “the flesh counts for nothing”?

Q19. How can the “Spirit give life”?


Ephesians 1:13-14

¹³ And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit, ¹⁴ who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession – to the praise of his glory.

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Q20. How can “words” be “spirit and . . . life”?

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⁶⁴ Yet there are some of you who do not believe." For Jesus had known from the beginning which of them did not believe and who would betray him.


⁶⁵ He went on to say, "This is why I told you that no one can come to me unless the Father has enabled him."

Q21. How does the “Father . . . enable” a person?


Q22. When a person is enabled, what are they able to do?

Q23. Verse 64: “Yet there are some of you who do not believe.” Why did Jesus not touch these unbelievers, so that they could believe in Him? (To help answer the question: what is free-will?)


John 6:37 [Jesus is emphasizing the work of the Father, plus His own work, in readying the soil, planting the seed, and harvesting the crop.]
All that the Father gives me will come to me, and whoever comes to me I will never drive away.

 Please review the commentary and verses following [John 6:37 in the previous lesson #9](#).


John 6:44 [Jesus is emphasizing the work of the Father, plus His own work, in readying the soil, planting the seed, and harvesting the crop.]
No one can come to me unless the Father who sent me draws him, and I will raise him up at the last day.

 Commentary on verse 6:44. “God, not man, plays the most active role in salvation. When someone chooses to believe in Christ Jesus as Savior, he or she does so only in response to the urging of God’s Holy Spirit. God does the urging; then we decide whether or not to believe. Thus no one can believe in Jesus without God’s help.” [©1991, *The Life Application® Bible*, published by Tyndale House Publishers. Page 1,888]

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 Commentary on verses 6:63&65. “The Holy Spirit gives spiritual life; without the work of the Holy Spirit, we cannot even see our need for new life. All spiritual renewal begins and ends with God. He reveals truth to us, lives within us, and then enables us to respond to that truth.” [©1991, *The Life Application® Bible*, published by Tyndale House Publishers. Page 1,889]

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⁶⁶ From this time many of his disciples turned back and no longer followed him.

Q24. How do you think Jesus felt when He saw disciples turning away from Him?

⁶⁷ "You do not want to leave too, do you?" Jesus asked the Twelve.

⁶⁸ Simon Peter answered him, "Lord, to whom shall we go? You have the words of eternal life. ⁶⁹ We believe and know that you are the Holy One of God."

Q25. What does the phrase “the Holy One of God” mean?

Q26. After Jesus watched some number of disciples turn their backs on Him and walk away (verse 66), what do you think He felt when He heard Simon Peter’s testimony? His affirmation of Jesus’ deity?

Q27. Personal: are you, too, able to make Simon Peter’s statement of affirmation?

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⁷⁰ Then Jesus replied, "Have I not chosen you, the Twelve? Yet one of you is a devil!" ⁷¹ (He meant Judas, the son of Simon Iscariot, who, though one of the Twelve, was later to betray him.)

Q28. Why do you think Jesus allowed “a devil” to remain as a member of His twelve disciples?

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