David A. Rankin “Tony”

Dan Owen

1 Corinthians

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Jesus: The Bread of Life

 What does Jesus mean when he tells us that He is the bread of Life [John 6:35, 48, 51, (KJV)]? We know through reading the Bible that bread is mentioned quite often and is a basic food that sustains mankind. We also know the term is used to refer to food in a general since, such as “breaking bread” with one another, which refers to sharing a meal. The Jews ate unleavened bread during the Passover Feast and then seven days after in thankfulness for the exodus from Egypt.

 In John chapter 6 verse 35 Jesus declares, “…, I am the bread of life: …”, and there are several more declarative “I am” statements in John 6 as well. We know this is powerful because of how God answered Moses on Mount Sinai (Exodus 3:14). This also reminds us of how God made the Israelites wonder in the desert for 40 years because of their lack of faith, but sustained them when God said (as it is translated in the KJV), “I will rain down bread from heaven…” (Exodus 16:4).

 So not only does the Bible, through the inspiration of the Holy Spirit, speak of the nourishment aspect of bread but uses it as a strong metaphor in helping us understand God’s word. It is the use of the word in the metaphorical sense that we need to explore what Jesus is referring to and why. One of the first reasons that Jesus compares Himself with bread is that He is letting the people know that He is essential to their “recommended daily nutritional requirement” for life. Second, Jesus is referring to spiritual life not physical life. Third, by using the term “I am”, He is declaring and equating Himself with God. Fourth, in verse 45 Jesus tells the crowd to “come”, and in verse 46 Jesus tells the crowd to “believe”, which is His invitation to them to partake, then they have to make a choice. Fifth, Jesus is letting them know if they “hunger and

thirst” (Matthew 5) for righteousness sake, not for the physical fulfillment, they will be satisfied by Him, the living bread.

 When Christ was crucified for us he became a propitiation for our sins, he took our place on the cross, and we are washed by his blood and made white as snow to be presentable before God daily. Jesus is the living bread that will satisfy our hunger and thirst for righteousness. “I am the living bread…” (John 6:51).