

## The ‘I AM’ Sayings of the Lord Jesus Christ.

**This week** we continue lessons which teach the almighty saving power of Jesus Christ.

*Jesus said, “I AM the Bread of Life ...  
If any man eat of this bread,  
he shall live for ever”.*  
*John 6vs 48 and 51.*

### Bible Readings for this week:

*(Choose a regular time each day to read the bible and pray whether it be when you first wake up or just before you go to sleep)*

Day	Bible Reading	Tick When Read
Sunday	John 6v1-13 (The Lord miraculously feeds the crowd)	
Monday	John 6v14-21 (Jesus stills the storm)	
Tuesday	John 6v22-40 (Jesus Christ – I AM The Bread of Life)	
Wednesday	John 6v41-58 (Again – I AM The Bread of Life)	
Thursday	Isaiah 58v1-14 (The Lord will bless obedience)	
Friday	Deuteronomy 8 (An exhortation to obedience)	
Saturday	1 Corinthians 10v16-17,11v23-32 (The Lord’s supper)	

**Important Lesson for us Today:** Our *physical bodies* will one day die but our *spiritual souls* will live forever - either eternally safe with God in Heaven or miserably in Hell. **What makes up our Soul? What is the essential Us? It is: -**

Our **Conscience:** the part that tells us what is right or wrong. **God’s law written in us.**

Our **Mind:** where we think, reason, understand and plan; not by instinct as animals do.

Our **Will:** the part that determines to do something even if it goes against our conscience.

Our **Heart:** the part of us that drives our will to action and makes us desire something.

***If our soul is fed and driven by a love and devotion for the Lord Jesus Christ this makes us safe now and forever. Our eternal safety is only when we are ‘in Christ’ and living for Him.***

**Hymn 335 - tells of The Lord Jesus Christ being vital nourishment for our souls: -**

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| 1. Thou art the Bread of Life,<br>O Lord to me,<br>The holy Word the Truth<br>That saveth me;<br>Give me to eat and live<br>With Thee above,<br>Teach me to love Thy Truth,<br>For Thou art love. | 4. Bless Thou the Truth, dear Lord,<br>Now unto me,<br>As Thou didst bless the bread<br>By Galilee:<br>Then shall all bondage cease,<br>All fetters fall,<br>And I shall find my peace,<br>My All-in-All. |
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EDT Bible/College Class Take Home Sheet

*This sheet is given to remind you of the lesson and to encourage you to read your Bible.*

## Jesus Christ Said, ‘I AM The Bread of Life’

- **The Crowd, over 5,000 strong, saw only their Physical Needs.**
  - They wanted healing from their diseases and to be miraculously fed.
  - Selfishly they wanted to be entertained, enjoying the excitement and surprise of what spectacular miracle the Lord would do next.
  - They wanted a King who would set them free from Roman rule.
  - They refused to hear they had a spiritual need; they were sinners who needed forgiveness, but their pride was offended by this message.

**Does the message of the need to recognise our sin and seek forgiveness offend?**

- **The Lord, in compassion, fulfilled their Physical and Spiritual needs.**
  - As Creator God, He miraculously fed all of them using a boys’ lunch.
  - Yet, Jesus also taught that souls are more important than bodies, desperately needing spiritual forgiveness and healing from Him.
  - Jesus said, **‘He that believeth on Me hath everlasting life, I AM The Bread of Life’.** Have faith, ‘eat’ of Me and you shall live eternally.
- **We need both Physical and Spiritual Bread: -**
  - Bread is essential for life - Christ is essential for our soul’s life.
  - Without food we die - without Christ’s salvation we are dead to God.
  - Bread is a staple food – the Lord must come before anything else.
  - We need it daily – we need to pray to God and read His Word daily.
  - It builds strength – trusting in Christ strengthens our character.
  - It provides energy – the Lord energises our obedience and witness.
  - It suits all diets – Christ is for all ages, backgrounds, and cultures.
- **But Looking and Knowing is not enough - We must Believe and Obey.**
  - Looking at bread will not stop our hunger - we need to eat it.
  - Knowing that there is a God is not enough - we need to believe that the Saviour, the Lord Jesus Christ, offered Himself on the cross, in our place, to take the punishment of Hell that our sin rightly deserves.
  - He takes our guilt and gives us His righteousness. **What a Saviour!**

**Do we believe this? A personal faith in Jesus Christ is essential.**

**Remember, God hates our sin but loves us even though we are sinners!**

**Jesus Christ said, “I AM The Bread of Life; he that cometh to Me shall never hunger; and he that believeth on Me shall never thirst”.**

**John 6v35.**

**“Man does not live by bread only, but by every word that proceedeth out of the mouth of the LORD does man live”.**

**Deuteronomy 8v3.**