

# WORKOUT: PART ONE

# JOHN 6:1-71

*Believe*  
and  
**LIVE**  
THE GOSPEL OF JOHN



## Read all of John chapter 6, focusing on verses 22-59.

Ponder John 6:29, “This is the work of God, that you believe in him whom he has sent.”

- What does it mean to do the work of God? What do the Jews think it means (6:28)?
- Consider the significance of belief. Why does Jesus answer their question this way (6:29)?
- Where does belief come from?
- What is belief in?
- Why do the Jews seek a sign (6:30)? How does the rest of this interaction reveal their unbelief (6:30-59)?

**Read John 6:28-29 again, along with 1 Corinthians 15:50-58.** Meditate on the connection between the promised resurrection of those who believe in Jesus (John 6:39-40, 54), Jesus’ resurrection from the dead, and the hope of our salvation.



## Pray Holistically

Read John 6:51 and consider the cross. Jesus gives His own body as a sacrifice for the life of the world. All who believe, who eat of the bread of life, will live forever.

- Pray in thanksgiving for the cross and resurrection. Celebrate the hope of life we have in Christ.
- Father, you have given us no greater gift than the gift of your Son, pierced for our transgressions and crushed for our iniquities. He bore the burden of your wrath on the cross, He paid the penalty for our sins. He died, and He rose again to conquer death and the grave. He made a way for us to be reconciled to you. In Him, sin no longer has dominion over us. Thank you for Jesus and His sacrifice for us. Thank you for giving us spiritual life so that we would believe in Him and live forever.

Read John 6:63, and pray for the salvation of those who do not know the Lord.

## Pray Personally

Pray in thanksgiving for your own salvation. God has drawn you to Himself, given you the bread of life that sustains and satisfies forever. You have eternal life in Him.



Over the next few weeks of our study of John 6 and 7, we will see and ponder the truth that whoever believes in Jesus is satisfied and sustained forever. He is the bread of life and the living water. Choose one day this week to fast from food, with the intent of spending focused time in prayer for the salvation of the lost.

- Skip both breakfast and lunch on one day, taking the time that you would spend eating to spend in prayer. Break your fast together with family or your Go Group, give thanks to the Lord who gives and sustains life, and talk about how fasting helped you consider your desires, what you depend upon, and how you need to grow.
- Remember, fasting is a spiritual discipline. It is less about skipping a meal, and more about using the pangs of physical hunger to remind you of your dependence on the Lord to sustain you and to drive you to communion with Him.
- Make a plan. Physically, be prepared by eating healthy foods before and after your fast, and be sure to stay hydrated while you fast. Spiritually, be prepared with how you’ll spend your time and how you’ll respond to hunger. Write down Scripture ahead of time that you can pray and meditate on, or make a list of specific people to pray for.
- For more on the discipline of fasting, check out this [summary resource](#), this [Desiring God article](#), and this [Honest Answers video](#).