

WORKOUT: PART TWO

JOHN 6:1-71

Believe
and
LIVE
THE GOSPEL OF JOHN



Read all of John chapter 6, focusing on verses 22-51.

Ponder Jesus' revelation: "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst" (6:35).

- What does it mean that Jesus is the bread of life? Why is this claim particularly significant after He feeds the five thousand?
- How does Israel's history with the manna in the wilderness help us understand Jesus' teaching in John 6? What similarities are there between these narratives? What are the differences?
 - See Exodus 16 and Numbers 11:1-10.
- What does Jesus reveal is the will of the Father? How does this bring hope to the Jesus follower?



Pray Holistically

Read and pray John 6:35-36.

- Father, thank you for Jesus, the bread of life. Thank you that in Him, we do not hunger because He satisfies. In Him, we do not thirst because He sustains us to eternal life. For all those who hear this good news, give them ears to hear. Give them eyes to see and respond in belief to your revelation.

Pray Personally

Read John 6:37-40 and 6:44, and consider the implications of these verses for your own salvation. Pray in thanksgiving for the work of the Father throughout your salvation.

- Father, thank you that you have saved me. You have looked upon my helpless state, condemned already apart from you, and in your mercy have drawn me to yourself. You have promised that all that you draw will come to you, and whoever comes you will never cast out. You have promised that all who look on the Son and believe in Him would have eternal life. Thank you for sending Jesus so that I could look and believe in Him. You have promised that whoever believes will be raised up on the last day. Help me to endure to this eternal life. This promise is my hope.



Whoever believes in Jesus is satisfied and sustained forever. This week, continue to pursue the spiritual discipline of fasting. Choose a day to fast from food, with the intent of spending focused time in meditation on your own dependence.

- Our physical cravings for food remind us of our dependence as created beings.
 - Acknowledge your dependence. Remember John 3:27: everything you have comes from God.
- In our sin, we crave and seek after all kinds of things that we think will satisfy us. For example, we can be tempted to crave acceptance, money, comfort, power, possessions, relationships, entertainment, leisure, control, or our own ideas of what these things should look like.

As you fast, ask the Lord to reveal what you typically crave and where you seek fulfillment and satisfaction. Write these things down in your journal.

- What have you thought about the most?
- When you have down time or time in between different activities, where does your mind most naturally drift?
- What have you most desired?
- Why do you think you will gain satisfaction from these things?

When you break your fast and begin to eat again, prayerfully reflect on the God who gives us every perfect gift (James 1:17). We are continually dependent on Him, and He provides everything that we need for each day. He is the Creator and Sustainer of all life; He is the bread of life and the living water that satisfies our every need and that sustains for eternal life.