

WORKOUT: PART THREE

JOHN 6:1-71

Believe
and
LIVE
THE GOSPEL OF JOHN



Read all of John chapter 6, focusing on verses 52-71.

Jesus says, “Whoever feeds on this bread will live forever” (6:58).

What does this mean? What are the implications of this statement for our belief? What is the connection between feeding on this bread and abiding?

Consider the different responses to Jesus. Jesus, knowing that the disciples are grumbling, says, “Do you take offense at this?” (6:61)

- Why do we take offense?
- When we take offense to Jesus’ words, what does that reveal about our heart?
- What does that reveal about what we are trusting in? What does it reveal about our authority?

Ponder Peter’s confession, “To whom shall we go? You have the words of eternal life” (6:68). Contrast this response to the disciples who walked away. What does this reveal about Peter’s belief in the revelation of God? How should we respond to the Holy One of God (6:69)?



Pray Holistically

Read John 6:63-64.

- Pray in confession of the weakness of the flesh and in submission to the Spirit who gives life.
- Pray that we would not seek signs or fleshly certainty or assurance, but would trust in His revealed Word: it is spirit and life.
- Pray that all who would hear the Word of God would respond in belief.

Pray Personally

Read and pray John 6:68.

- Pray in honor and reverence of what God has spoken: the words of eternal life. Pray in humble thanksgiving that He would make Himself known to you. Pray in joyful submission that He is the holy one of God; there is no other.
- Father, where else can I go? You have the words of eternal life, and I have believed, and have come to know, that you are the Holy One of God.



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 repentance and worship.

- Last week, you considered your own cravings: things you are tempted to chase after for satisfaction. Perhaps this was affirmation from others, money and possessions, relationships, a certain emotion, entertainment, or leisure.
- This week, as you fast, be intentional to replace these cravings with worship and honor of the Lord. Make a plan for how you will respond to the pull of the craving.
 - Do not trade one mindless activity for another. For example, if you are tempted to mindlessly scroll on your phone, don’t replace this with binge watching television.
 - Instead, in these moments, meditate on your belief. Read, and re-read, John 6. Are you seeking Jesus because of what He gives, or because He is the bread of life (6:26-29)? Do you rely on what you can understand about Jesus, or submit to Him as He has revealed Himself to be, even when you do not understand? Do you believe that He is worth everything, even as your understanding of the cost of discipleship expands (Matthew 10:37; Luke 9:23; 14:33)?
 - Do not be quick to assume that nothing would make you walk away from Jesus (John 6:60-66). Spend time in prayerful reflection on your own life through the lens of Scripture. Ask the Lord to reveal areas of unbelief to you, and humbly submit yourself to His revelation in trust.