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PRAYER

Loving Father, when I don't understand your words or when your truth conflicts with my built-up perceptions, I pray that I will be willing to listen to your voice and trust your word – for you alone have the words of eternal life. In Jesus' name I pray, Amen.

- Knowing Jesus

WARM UP (OPTIONAL)

Who is the best cook you know personally, and what is your favourite dish they create? What is so special about this dish?

NOTES

WORD

⁵⁷ As the living Father sent me, and I live because of the Father, so whoever feeds on me, he also will live because of me. ⁵⁸ This is the bread that came down from heaven, not like the bread the fathers ate, and died. Whoever feeds on this bread will live forever."

⁵⁹ Jesus said these things in the synagogue, as he taught at Capernaum.

JOHN 6:57-59

"Being a true believer will involve going the way of the cross . . . Among other things, that will mean remaining true to Jesus when he and his word are dismissed. Being a true believer will mean following him loyally when his truth is hard to understand and even harder to apply, when his claims seem largely contradicted by tangible realities, and when the multitudes turn away from him and we find ourselves part of a small and ostracized minority. It will mean being loyal too when, among the company of the 'faithful,' we discover the work of the evil one in those who, in life and word, betray their Lord. On the other side, however, we shall not be completely alone, for others too will be loyal, and confession of Jesus will be made by those who also know there is no other to whom they can go. Jesus himself will remain there for us, moving on his appointed way to his destined glory, and on the road, giving his Holy Spirit and the assurance of eternal life to those whom he has chosen. But, when all these are weighed, the cost is real, and he does not shield us from it. Will you also go away?"

- Milne, B.

(1993). *The Message of John: Here is your King!: With Study Guide* (p. 115). Leicester, England; Downers Grove, IL: InterVarsity Press.

GUIDE QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. On a scale from 1-10 (1 = none at all; 10 = always full), how ALIVE are you (how FULL of LIFE are you)? Why do you rate yourself this way?
2. If it is possible to feed our spirits with the Word of God, do you think your spirit is well fed right now?
3. If we feed on the bread of the spirit, which is God's Word, we are promised to live forever. What are ways to make sure that you feed your spirit with his Word regularly?
4. Jesus spoke these things in the Synagogue - a place of worship for the Jews. Could it be that the reason he spoke these things to the religious, was that even those who have been around the Word of God, can slip into a place of complacency, leading to spiritual malnourishment? How might we avoid this?
5. Have you put your trust in God with your life and relationships? Would you like to receive the gift of life, found in forever walking with God? Would you like to enter into a saving relationship with God through Jesus? Ask your Life Group leader to lead you in prayer to receive Christ. You can pray this prayer:

Dear Lord Jesus, I know that I am a sinner, and I ask for your forgiveness. I believe you died for my sins and rose from the dead. I turn from my sins and invite you to come into my heart and life. I want to trust and follow you as my Lord and Saviour. In Jesus' name, Amen.

PRAYER