

The Bread of Life

In John chapter 6 Jesus uses bread as an image to explain his mission. As we know bread is a very important component in our diets.

The chapter begins with Jesus feeding the 5000 and progresses to Jesus explaining that He is the bread of life.

I am the bread of life, those who come to me will never be hungry; those who believe in me will never be thirsty. John 6:35

Here, Jesus trying to get the crowds thinking off the physical realm and into the spiritual realm. But in their eagerness for free food, they had missed the main point of Jesus' feeding them in the wilderness.

The physical bread Jesus had provided was a sign and symbol of the spiritual bread He was offering.

Through his death, Jesus provided the bread of life for all God's people.

This means that Jesus is the bread for our souls.

He is the bread of life who strengthens us,

He is the bread of life who satisfies our deepest needs,

He is the bread of life who sustains us and

Jesus is the bread of life who saves us.

Jesus is the one who satisfies our deepest longings.

And so today as we celebrate communion, we remember and give thanks that Jesus is the bread of life – who gave his life so that we might live

May we receive the Bread of Life today.