
"I am the Bread of Life" **– Jesus Christ**

1. Jesus is the Bread of Life:

- because life is in Him (He is the living bread)

- as foreshadowed in the OT
(the manna that comes down from heaven)

2. Whoever Comes to Jesus shall not Hunger

- Knowing Christ is the only thing that can fulfill us:
so come to Him by faith

- Trust & depend on God to draw sinners to Jesus:
as we share Christ with others

3. Whoever Believes in Jesus shall Never Thirst

- Knowing Christ is the only thing that can quench our thirst:
so believe in Jesus and abide in Him

- Trust in & be empowered by the Spirit:
& rejoice in our coming eternal glory!

Christ's Seven "I Am" Sayings in the book of John

(additional notes below taken & adapted from the ESV Study Bible)

John 6:35 Jesus' claim, "**I am the bread of life**," constitutes the first of seven "I am" sayings recorded in this Gospel (see chart below). Apart from these sayings there are also several absolute statements where Jesus refers to himself as "I am" (e.g., v. 20; 8:24, 28, 58; 18:5), in keeping with the reference to God as "I am" in Ex. 3:14 and the book of Isaiah (e.g., Isa. 41:4; 43:10, 25).

Absolute "I am" statements (6:20; 8:24, 28, 58, 18:5)

Metaphorical "I am" statements (seven "I am" sayings in John)

1. I am the bread of life (6:35, 48, 51)
2. I am the light of the world (8:12; 9:5)
3. I am the door of the sheep (10:7,9)
4. I am the good shepherd (10:11,14)
5. I am the resurrection and the life (11:25)
6. I am the way, the truth, and the life (14:6)
7. I am the true vine (15:1)