

EXHALTED

CHRIST

A series on the book of John

**I AM:
THE BREAD OF LIFE**

³⁵ “I am the bread of life,” Jesus told them. “No one who comes to Me will ever be hungry, and no one who believes in Me will ever be thirsty again. ³⁶ But as I told you, you’ve seen Me, and yet you do not believe. ³⁷ Everyone the Father gives Me will come to Me, and the one who comes to Me I will never cast out. ³⁸ For I have come down from heaven, not to do My will, but the will of Him who sent me. ³⁹ This is the will of Him who sent Me: that I should lose none of those He has given Me but should raise them up on the last day. ⁴⁰ For this is the will of My Father: that everyone who sees the Son and believes in Him may have eternal life, and I will raise him up on the last day.”

John 6:35-40 (HCSB)

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142

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Everyone Needs to be Nourished or Satisfied in Four Areas:

1. Physically
2. Emotionally
3. Mentally
4. Spiritually

***The Biggest Problem Occurs When We Try to Address Our Need
for Spiritual Food With Non-Spiritual Food***

Some Try to Feed Their Spirit by Satisfying:

1. Physical Appetites
2. Emotional Appetites
3. Mental Appetites

***Even With the Highest Levels of Education, We End Up Derailing
Our Lives Because Emptiness Remains***

“Those who know the most are the most gloomy.”

- Albert Einstein

Jesus Teaches Us:

When we are well fed spiritually, we're able to navigate all other appetites.

HE WILL NOURISH US TO THE POINT OF SECURITY

³⁹ This is the will of Him who sent me: **that I should lose none of those He has given me** but should raise them up on the last day.

John 6:39 (HCSB)

HE WILL NOURISH US TO THE POINT OF SECURITY

When He feeds us, He actually takes **hold** of us so that the devil and the world can't.

HE WILL SATISFY US TO THE POINT OF ELEVATION

³⁹ This is the will of Him who sent me: that I should lose none of those He has given me **but should raise them up on the last day.**

John 6:39 (HCSB)

HE WILL SATISFY US TO THE POINT OF ELEVATION

When God really **satisfies** us, Everything else is a Blessing and a Complement to our lives, rather than a necessity.

WE HAVE TO TAKE HIM ALL IN

⁴¹ Therefore the Jews started complaining about Him because He said, “I am the bread that came down from heaven.” ... ⁴⁹ Your fathers ate the Manna in the wilderness, and they died. ⁵⁰ This is the bread that comes down from heaven so that anyone may eat of it and not die. ⁵¹ I am the living bread that came down from heaven. If anyone eats of this bread he will live forever. The bread that I will give for the life of the world is My flesh. ⁵² At that, the Jews argued among themselves, “How can this man give us His flesh to eat?” ⁵³ So Jesus said to them, “I assure you: Unless you eat the flesh of the Son of Man and drink His blood, you do not have life in yourselves.

John 6:41,49-59 (HCSB)

WE HAVE TO TAKE HIM ALL IN

⁵⁴ Anyone who eats My flesh and drinks My blood has eternal life, and I will raise him up on the last day, ⁵⁵ because My flesh is real food and My blood is real drink. ⁵⁶ The one who eats My flesh and drinks My blood lives in Me, and I in him. ⁵⁷ Just as the living Father sent Me and I live because of the Father, so the one who feeds on Me will live because of Me. ⁵⁸ This is the bread that came down from heaven; it is not like the manna your fathers ate—and they died. The one who eats this bread will live forever.” ⁵⁹ He said these things while teaching in the synagogue in Capernaum.

John 6:41,49-59 (HCSB)