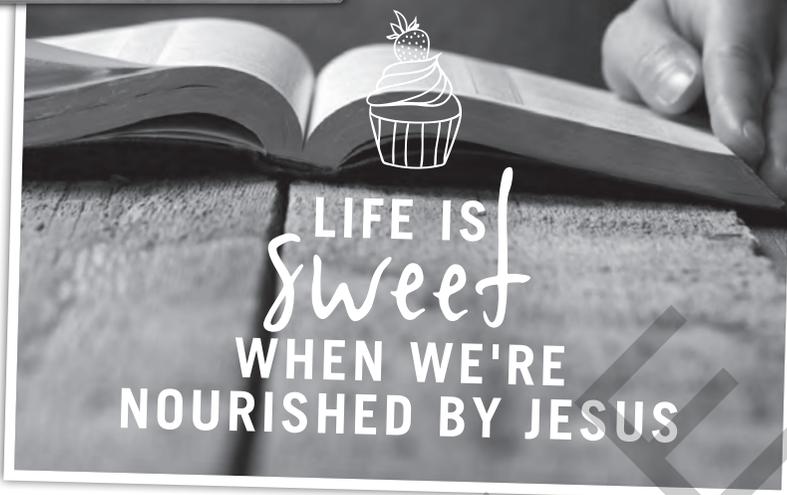


SESSION 3



Food for the Heart

With your Café Group, discuss the differences between learning about bread and actually eating it.

How can you relate these differences to knowing about Jesus and having a relationship with him? Be specific, and use examples from your own life.



God's Word

John 6:26-36

²⁶Jesus replied, "I tell you the truth, you want to be with me because I fed you, not because you understood the miraculous signs.

²⁷But don't be so concerned about perishable things like food. Spend your energy seeking the eternal life that the Son of Man can give you. For God the Father has given me the seal of his approval."

²⁸They replied, "We want to perform God's works, too. What should we do?"

²⁹Jesus told them, "This is the only work God wants from you: Believe in the one he has sent."

³⁰They answered, "Show us a miraculous sign if you want us to believe in you. What can you do?"

³¹After all, our ancestors ate manna

while they journeyed through the wilderness! The Scriptures say, 'Moses gave them bread from heaven to eat.'"

³²Jesus said, "I tell you the truth, Moses didn't give you bread from heaven. My Father did. And now he offers you the true bread from heaven. ³³The true bread of God is the one who comes down from heaven and gives life to the world."

³⁴"Sir," they said, "give us that bread every day."

³⁵Jesus replied, "I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty. ³⁶But you haven't believed in me even though you have seen me."

FOOD FOR THOUGHT

If you're not familiar with the references to manna made in John 6, read Exodus 16:3-31 later to learn more about how God provided food for his followers for 40 years. One interesting thing to consider is that the manna provided long ago only lasted for a day; Jesus said that those who come to him will never be hungry again!





Nourished by Jesus

Jesus had just done a miracle, feeding more than 5,000 people, and his followers said, “Show us a miraculous sign if you want us to believe in you.” What do we learn about his followers through their asking of this question?



When are you likely to be skeptical about Jesus or lack faith in his power? How do you work through those times?



There are so many different kinds of bread. What are different ways Jesus fulfills our hungers?



FOOD FOR THOUGHT

Jesus was born in the town of Bethlehem. Did you know that Bethlehem means “house of bread”? Interesting!

Okay, let’s be honest. We’re often tempted to eat junk food. What are “junk foods” that we use to try to fulfill the hungers of our lives?

When we eat bread, it becomes a part of our bodies, and we take nutrients from that bread that give us energy and help us grow. If you believe Jesus is the bread of life, how are you nourished? What does believing this mean in your own life in practical, everyday terms?



God’s Word

Luke 22:19

He took some bread and gave thanks to God for it. Then he broke it in pieces and gave it to the disciples, saying, “This is my body, which is given for you. Do this to remember me.”