



# Hungry?

## Let Me Sustain You

Lesson 4 • John 6:22-71

### What's in a Name?

Everything We Will Ever Need When It's the Name of the "I Am" God!

#### Four Steps to Satisfying Our Spiritual Hunger:

### Step #1 Let God Settle the Question of the \_\_\_\_\_ of Satisfaction You Need.

John 6:22-29

1. The crowds were hungry and were willing to go to great lengths to satisfy their \_\_\_\_\_ hunger. (6:1-25)
2. Jesus shows them they should be seeking \_\_\_\_\_ food to satisfy their \_\_\_\_\_ hunger! (6:1-26-29)

#### First of Four "Amen, Amen" Statements by Jesus in This Chapter.

"Jesus answered them, 'Truly, truly, I say to you, you are seeking me, not because you saw signs, but because you ate your fill of the loaves. (26)

#### They Were Trying to Use Jesus to Satisfy Their Physical Hunger for...

Political \_\_\_\_\_ (v. 15) Personal \_\_\_\_\_ (v. 28) Physical \_\_\_\_\_ (v. 26)

#### Why Are You Following Jesus? Is It to Just Satisfy a Physical Hunger or Your Deeper Spiritual Hunger?

### Step #2 Let God Show You to the Right \_\_\_\_\_ to Satisfy Your Spiritual Hunger.

John 6:30-46

#### What the Hungry Crowd Got Right about the Source of Satisfaction (vv. 30-31)

1. They needed a **greater prophet** than Moses!
2. They needed **better manna** than what they claimed Moses provided!
3. They needed **more manna** than what was given in the wilderness!

#### Jesus Clearly Reveals the Right Source for Spiritual Satisfaction (vv. 37-40)

1. Is your Source of Satisfaction \_\_\_\_\_? (vv. 37, 44)
2. Is your Source of Satisfaction \_\_\_\_\_? (vv. 37-40)
3. Is your Source of Satisfaction \_\_\_\_\_? (vv. 41-46)

- The Father **must draw us** to the Son, the true Source of spiritual satisfaction. (v. 44a)
- The Son **must raise us up** after death to experience eternal satisfaction. (v. 44b)
- God Himself **must teach us** to come to the Son for spiritual satisfaction. (v. 45)
- Only the Son **has seen** the Father and, therefore, **can reveal** the sovereign and secure source of our satisfaction. (v. 46)

### Step #3 We Must Keep \_\_\_\_\_ the Bread that the “I Am God” Puts on Our Plate!

John 6:47-59

#### Jesus Presents the Conditions for Satisfaction (vv. 47-51; 53)

So Jesus said to them, “Truly, truly, I say to you, unless you **eat the flesh** of the Son of Man and **drink his blood**, you have no life in you.” (6:53)

#### People Are Perplexed by the Conditions for Satisfaction (v. 52)

Jesus said to them, “I am the Bread of Life; whoever **comes to me** shall **not hunger**, and whoever **believes in me** shall **never thirst**.” (6:35)

#### Jesus Promises Those Who Abide in His Conditions for Satisfaction (vv. 53-59)

1. You will have **eternal life** in you if you do and you won’t if you don’t! (vv. 53-54, “you have no life in you” vs. “has eternal life”)
2. You will have **resurrection hope** for the life to come! (v. 54, “I will raise him up”—vv. 39-40, 44)
3. You will have **lasting satisfaction** guaranteed! (v. 55, “true food” and “true drink”)
4. You will enjoy a permanent, **life-giving relationship** with the I AM God! (v. 56, “abides in Me and I in him”)
5. You will have the very life of God in you to **sustain** you forever! (vv. 57-58, “Whoever feeds on this bread will live forever”)

### Step #4 Never \_\_\_\_\_ When the Bread of Life Is “Hard to Swallow”!

John 6:60-71

#### Two Reactions to the Bread of Life

1. **Unbelief** that keeps on \_\_\_\_\_ what “the I AM God” has provided!
2. **Belief** that keeps on \_\_\_\_\_ what “the I AM God” has provided!

#### Six Reasons Why the Bread of Life Is So “Hard to Swallow” for So Many People

1. We are tempted to think only in **physical terms** of this life, rather than in spiritual terms of the life to come. (vv. 60-61, 63)
2. We want a **Christ-less** and **cross-less** religion or spiritual experience. (v. 62)
3. We want to satisfy their hunger in the **power of their own flesh**. (v. 63)
4. We have not been **led by the Father to the Son**. (vv. 64-65)
5. We choose to **not believe** or **persevere in following**. (vv. 64, 66)
6. We **take pride in ourselves**—even in our own faith in Christ and faithfulness in following Him. (vv. 67-71)

### Jesus Is the Bread of Life! *Let Him Sustain You!*

*“I am the Bread of Life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst.”*

- Continue to **believe** in the One whom God has sent to satisfy our deepest needs: **Jesus is the Bread of Life!** (v. 69)
- Continue to **obey** the words that Jesus has spoken about being spiritually satisfied: **Jesus speaks the words of Life!** (v. 68)
- Continue to **follow** the only One who will sustain you in this life and the one to come: **Let Jesus sustain you!** (v. 66)

***This Is the Secret to “Keeping Down” What God Has Provided Once You Have Eaten It!***