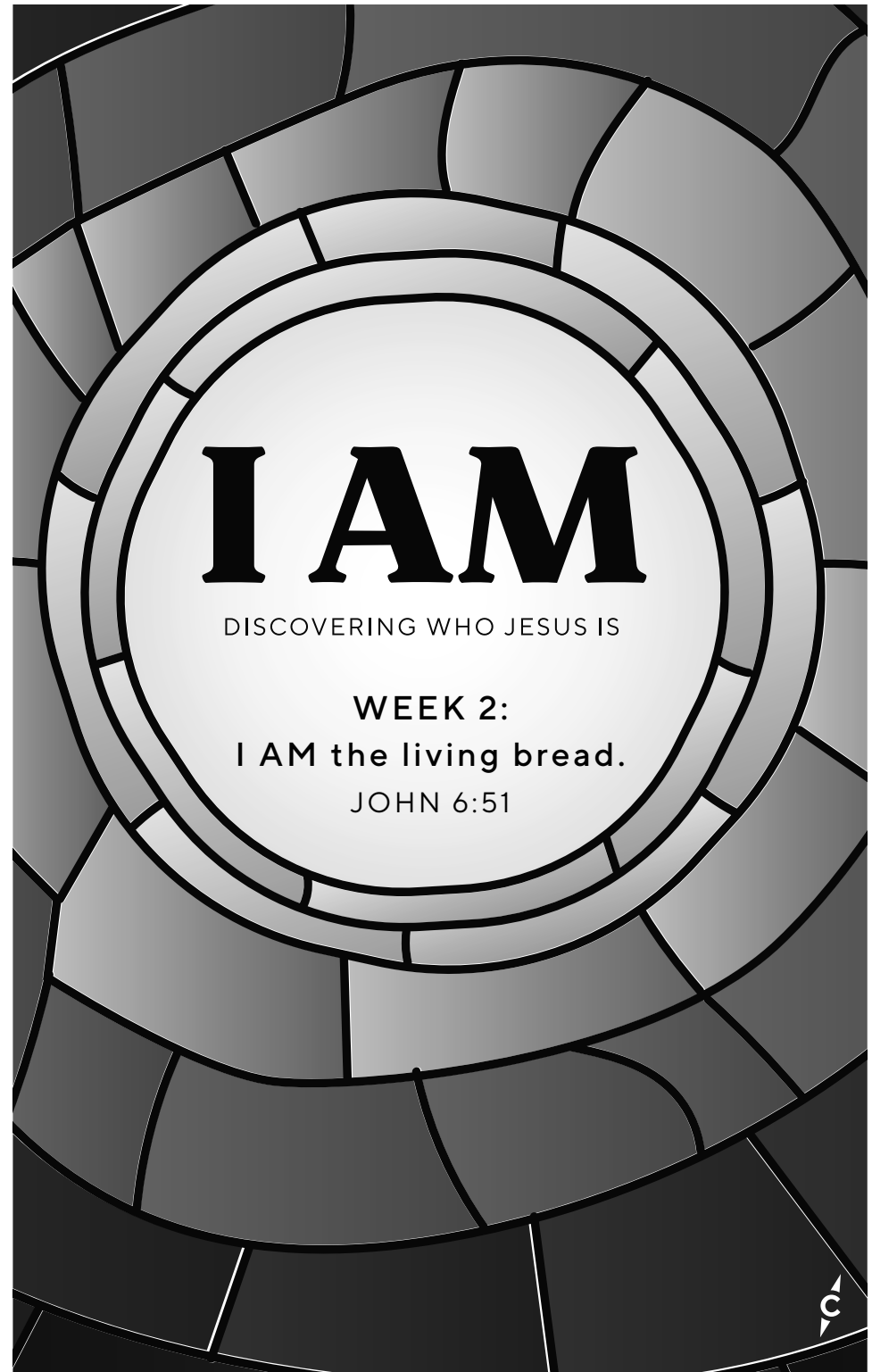


NOTES & QUOTES



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## CONNECT (BUILD RELATIONSHIPS)

1. If you could only eat one thing for the rest of your life, what would it be?
2. What was something that “sustained” you as you journeyed through this week?
3. What would you say is the most meaningful thing for you about participating in the Lord’s Supper?

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## THRIVE (EXPLORE BIBLICAL TRUTH)

4. Read Exodus 16:31-32 and John 6:35. In what ways was the manna sent by God a foreshadow of Jesus the Bread of Life?
5. Read John 6:25-34. Why do you think Jesus came right out and told the people that he thought they were more interested in bread than in signs? (verse 26) What does this tell you about Jesus’ confidence in his mission and his desire for the people?
6. When you consider John 6:37, 39 and 44 what does Jesus say regarding the nature of salvation?

7. Read John 6:50-51. If you were to attempt to explain these verses to someone who knows nothing about Jesus, how would you paraphrase them?

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## COMMIT (BE ON MISSION)

8. Think of 5 things in your life that you use to find refreshment and satisfaction. As you consider this list, how might Jesus either take their place or grow in influence as Bread that sustains you?
9. This week take communion alone, with your family or some friends and read John 6:35-51 as a part of your communion experience.
10. How might you help to sustain someone this coming week?

### PAUSE, PONDER & PRAY

Scripture verse or key principle “I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world.” JOHN 6:51