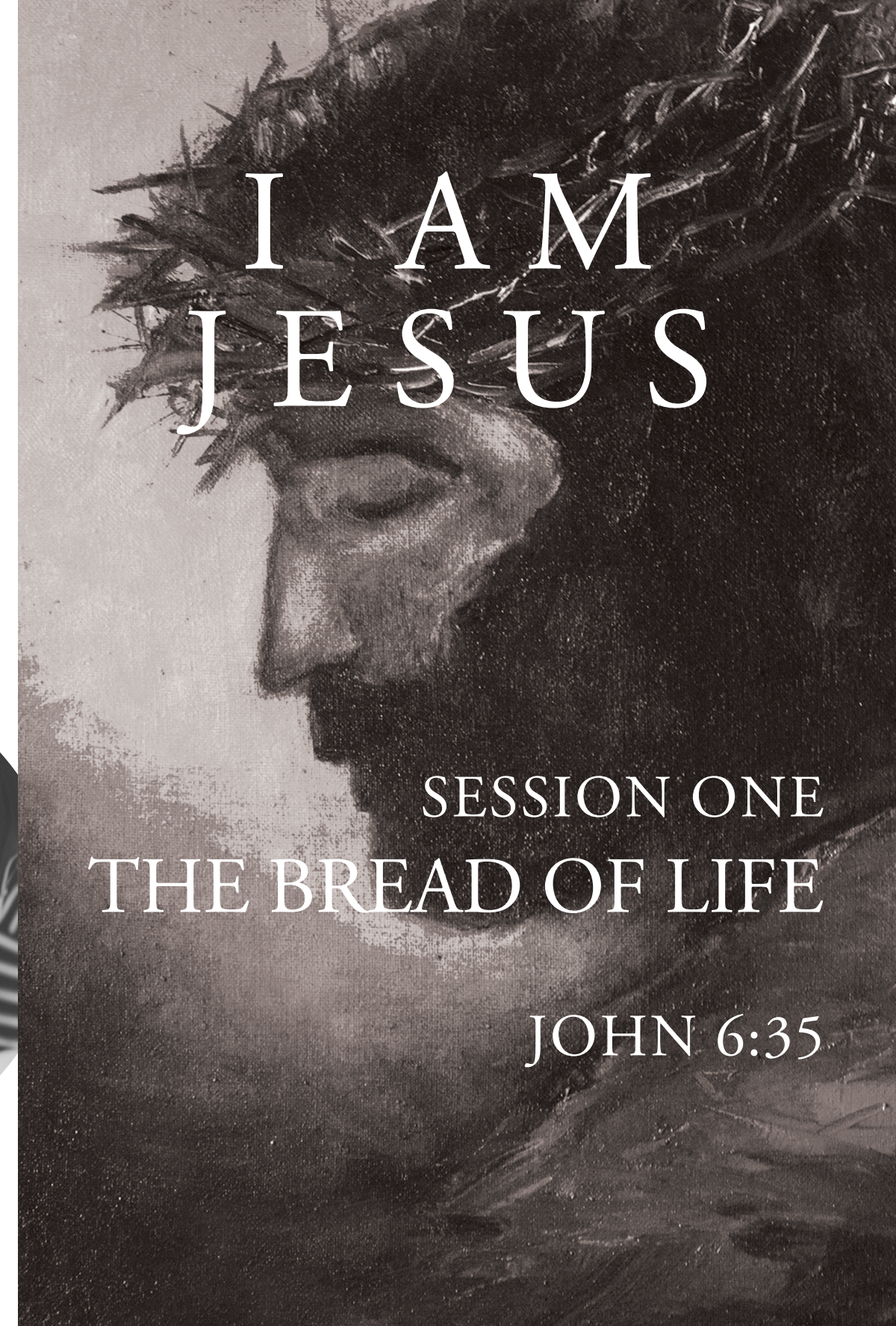




I AM JESUS

SESSION ONE
THE BREAD OF LIFE

JOHN 6:35



CONNECT

Each session will begin with a few questions to help you connect with and get to know one another. Since this is your first time together (at least for this new series), take a few minutes to make sure everyone knows each other's names.

10

- As you begin, turn to the **“Life Group Roster” on page 72**. Take time to pass around your study guides and have everyone write down their contact information.
- Whether your group is new or ongoing, it's always important to reflect on and review your values together. **On page 73, there is a “Life Group Agreement”** with the values we've found most useful in sustaining healthy, balanced groups. Take a few minutes to go over the agreement together.
- One of the markers of a healthy and happy group is when everyone takes ownership of the group. A great way to help everyone be involved is to share in weekly responsibilities, whether it's taking turns praying for the group, providing snacks or drinks. You can turn to **page 74** where you will find the **“Life Group Calendar”** and blank group tasks.
- These “I AM” statements of Jesus, found in the book of John, recall the Lord God's self-identification in Exodus 3:14. We will observe and discuss the power, richness, and depth of each statement, and consider how we, as followers of Jesus, can apply these statements to our lives. Our prayer is that you would be abundantly blessed by understanding and experiencing more of God's love and power that comes with these astonishing statements. As we dive deep into studying and discussing these “I AM” statements, we find that it is no coincidence that Jesus is who He claimed to be; He is God in the flesh... the Great “I AM”! To start our series, and help break the ice for



your group members, go around and answer one of the following questions:



- If you had to choose one meal to eat every day for the rest of your life, what would it be?

- Explain why you prefer either wheat or white bread.



DVD SESSION

This study is designed to be used with an accompanying video teaching. Please play DVD Session One. Use the space below for notes, questions, or comments you want to bring up in the discussion.



GROW

In the following section, you will explore Bible passages and take part in discussions to help expand your knowledge on the topic of this session. If time is a concern, please choose just a few of the questions to answer and discuss in your group.

12

In the video, Kyle Welch discussed being sustained by God. Go around your group and share what stood out to you from the video.

Read John 6:25-27

1 According to Jesus, why were the people looking for Him? What happened earlier in John 6:1-15 that would cause the people to chase after Jesus?

2 From what perspective are the people looking, and what perspective does Jesus point them toward?



Read Exodus 12:12-21

3 How does this passage connect us to the importance of bread to the Jewish people? How does bread actually connect their minds and hearts to God?

Read Exodus 16:1-16

13

4 Based on this passage, describe how God sustained the nation of Israel, and quieted their grumbling.

Read John 6:28-34

5 Discuss Jesus' response to the people's inquiry. Explain the similarities in attitude and desires between the people coming to Jesus, and the Israelites toward Moses and God.

People who are obsessed with God have an intimate relationship with Him. They are nourished by God's Word throughout the day because they know that forty minutes on Sunday is not enough to sustain them throughout the week, especially when they encounter so many distractions and alternative messages.

—Francis Chan

6 Why do you think the bread and Passover connection is significant in the John 6 passage?

7 How do you relate to the people in these verses and their desire to "do the works God requires," rather than accept the love and grace through Jesus, that God is offering?



Read John 6:35-40

8 Briefly describe Jesus' response in your own words. What is your understanding of what He is saying?

14

9 Explain the significance of the statement, "I am the bread of life." How do you think these verses in John 6 are a pivotal statement for Jesus and His audience?

Read John 6:41-59

10 How do you think Jesus is connecting himself to the manna that came down from heaven for the Israelites to eat in Exodus 16? Compare and contrast the manna and Jesus as "the bread of life."

*For the bread
of God is the
bread that comes
down from heaven
and gives life to the
world.*

—John 6:33

11 Into what kind of life is Jesus inviting us? Why do you think the Jews grumbled so vehemently against the message Jesus was teaching? Why do you think His message is so difficult to accept for even some of us today?

12 Share how you have experienced both physical (manna) and spiritual (Jesus) provision for you from God. How can you share your experience with others so that they would share in God's provision for their lives?

Deeper Study

Read Exodus 3:13-15 and John 6:41-42

15

13 Why do you think the "I AM" statements were such a huge deal to the people listening to Jesus' teachings?

14 How does understanding the depths of what Jesus is talking about, especially John 6:40 and 50-51, help to absorb the impact of this teaching and make it more palatable? How is God's love for us and desire to be with us really evident in these verses?

Read Luke 22:19-20

15 How is this passage a fulfillment of John 6:53-55? What symbolism and tradition do we now have that reminds us of Jesus as "the bread of life?" How does this symbolism express the cost of discipleship and remind us how much God loves us?

Read John 1:1-4 and Colossians 1:15-19

16 Share how these passages give you further insight into Jesus' divine power.



IMPACT

One of the core principles in Life Groups is to have an impact on the community around us. In the following section, we have given you some ideas of how you can have an impact in the community both as a group and individually. Please go through and discuss how you can impact the community around you with the gospel.

16

- We have been talking about Jesus as the bread of life and even touched on the Lord's Supper during this lesson. Even though it is early in the series, we thought this would be an excellent opportunity for each of the Life Groups to take communion together. The Bible teaches us that every time we come together, we are to remember what our Lord Jesus did for us as He sacrificed Himself so that we could have a relationship with Him.

The form of bread and juice that you choose to remember Him does not matter. You may choose Hawaiian King's bread or tortillas. You may serve juice in Dixie cups or in fine stemware. What God wants in these moments is your heart and mind fully directed and devoted to Him.

You may consider reading 1 Corinthians 11:23-26, or one of the Gospel accounts about the night the disciples received the Last Supper with Jesus, such as Matthew 26:17-30, Mark 14:12-26, or Luke 22:7-23. Then, take some time to pray together as a group before you partake in the elements.

This can be a very special time with your group. Remember the submission that Jesus had to the Father's will. Remember the pain He endured and the blood that was spilled. Remember the love that God has for each and every one of us.

He was willing to die rather than live without us. Enjoy each other during this time and enjoy the presence of the Holy Spirit as you remember His love for you.

Jesus knows this. He knows what it is to be human. And so, to our deepest and most profound needs, Jesus says, "I AM." And if you listen to Him, and if you believe in Him, I promise you, your life will never be the same.

—Kyle Welch

- On your own this week, we ask you to break bread with someone. Breaking bread is a term used when referring to having a meal. This week, we want to encourage you to share a meal with someone in your Life Group, office, class, or neighborhood for a chance to build a stronger relationship with them.

Food has always been a connector for families and friends. It gives people a good chance to stop their busyness and relax over a fine cooked meal and have a good conversation with someone who is close to you, or that you haven't had the chance to get to know yet. Choose your favorite restaurant, or maybe one that you haven't tried yet, but have always wanted to. Pray for God to be present in your conversation, and enjoy your time with Him and your friend!

17

Please take some time to end your group in prayer. You may use the Prayer and Praise Report on the following page as you pray and close your session for this week.



PRAYER AND PRAISE REPORT

This is a place where you can write each other's prayer requests, and make a note when God answers prayer. Pray for each other's requests out loud together as a group. If you're new to group prayer, it's okay to pray silently.

Prayer Requests:

18

Praise Reports:
