October 29, 2017

**The Bread of Life**

*John 6:25-35, 48-51; Deuteronomy 8:15-18*

* God has always provided sustenance for humans. Compare the Garden of Eden changing to laborious agriculture, Manna in the wilderness changing to fields & vineyards in the Promised Land, and then Manna & Water changing to the Bread & Wine of communion.
* You are statistically more likely to die of over-nutrition than under-nutrition; we won, right? Why does a full belly not assure a full heart? See Haggai 1:5-6.
* We can only eat so far in advance of our needs; i.e. we have to find food on a regular basis. How do you feed your soul on a regular basis? What tools and practices do you use? How consistent are you? See Psalm 25:4-5
* How has Jesus sustained you? Can you name a time or an incident? If not, get a prayer journal started so you can record God’s action in your life. See 2 Corinthians 1:8-11.
* The disciples had passed out the bread on the mountain. How are you passing out the Bread of Life? That could also be asked, what is (are) your spiritual gift(s) and how are you blessing others with it?