

# Abide

## The Power and Beauty of God's Word

January 23, 2022 | Abide Part 4 | Dana Williams

**WARM-UP QUESTIONS:** What is your favorite food?

**READ:** John 6:57-69

**FOCUS:** We feed on Jesus, the Bread of Life, by believing He is the Son of God and obeying His words.

**OBSERVE:**

Jesus is the Bread of Life:

- Earlier in chapter 6, Jesus gave the crowd a sign by feeding five thousand people. They now ask for another sign—like their ancestors experienced with the provision of manna in the desert (Exodus 16)—before they will believe He is the Son of God.
- However, unlike the five loaves, He multiplied to feed the five thousand, and unlike the manna in the desert, those who feed on Jesus will never hunger again but experience eternal life.
- Jesus speaks to people where they are to teach them about Himself. In this case, the people are hungry and desire a continuous provision of food like the manna God provided during the Exodus from Egypt. He reveals to them that He is the sign they are looking for and that He is their food and their ultimate source of nourishment and life.

How do we feed on Jesus?

- We feed on Jesus by believing He is the Son of God and obeying His words.
- We feast on Jesus and nourish our souls through reading and meditating on His life, death and resurrection.
- Like food on a plate, Jesus demands a response. We can reject what is before us or put it in our mouths to chew and digest. Similarly, we receive the message of the Gospel by taking it in, chewing on it and ingesting it. Believing in Jesus requires not merely intellectual assent but active obedience—a taking in of Christ, loving Him with our whole body, mind and soul.

**REFLECT:**

- What makes it difficult for you to trust and obey Jesus?
- Where do you turn for soul nourishment? Do you regularly consume anything that ruins your appetite for Jesus' words?
- How can you cultivate a greater hunger to love and obey God's word?

**TAKE ACTION:**

- Take time each day this week to savor God's word as you would a favorite meal by meditating on a short passage of Scripture from the Gospels. Meditate on the person, words and actions of Jesus as a practice of soul nourishment in the same way that you eat food to strengthen your body.

**PRAY:** *Father, thank You for sending Jesus from heaven to be Bread of Life for us. Lord, reveal to us what it means to feed on Jesus and live. Help us trust and obey You and share Your goodness with those around us. In Jesus' name, amen.*