Day 10  
Bread of Life

*I am the bread of life.... I am the living bread that came down from heaven. Whoever eats this bread will live forever. John 6:48 & 51*

Most people in countries near where Jesus lived, ate bread at every meal. In fact, bread was so much a part of what they ate every day, that the word ‘bread’ could be used to mean ‘food’.

Imagine how hungry you’d get if there was nothing to eat.

When you remember how important bread or food is, can you think what Jesus might have meant when he called himself ‘the bread of life’?

We need physical bread or food to grow. But no matter how much we eat, this food will not make us live forever. People in the Old Testament had some special bread that came down from heaven. It was called manna. That was back in the time of Moses when God’s people desperately needed food. The manna was special because it came from heaven but eating it did not help them live forever.

Jesus says that he is the living bread that came down from heaven. When we eat what he offers, he gives us the power to live forever. Jesus is much more special than the special bread in Moses’ time.

Bread or food is essential for us to live and grow strong. Knowing Jesus is essential for us to live as God’s children and grow strong as followers of Jesus. Jesus died and rose again so that we could become part of God’s family and live forever.

We can’t live without eating. Food is essential.  
We can’t live forever without trusting in Jesus. Jesus, the bread of life, is essential.