

“A Fulfilling Life”

John 6:32-35

This week, hundreds of high school and college students in the metro area will graduate from high school or college. Though they will not be able to participate in a traditional ceremony due to the Corona virus restrictions, they will still celebrate this hard-earned achievement. We salute them today, especially those graduates connected to the Zion Hill family: Joey Fredrick, Caleb Howard, Victoria Steinbuck, and Faith Vento. We pray that you will be blessed in this great achievement, and walk with God in the next phase of your life.

Pastor and author Chuck Swindoll said, “Our greatest problem is not the mistakes we make in life, but that we fail to learn from them. If you can come up with creative new mistakes, that’s something else, but if you’re making the same ones over and over, you’re not learning. A feeling of futility may set in. You may start to identify with that line from Lewis Carroll’s *Alice in Wonderland* that says, ‘I have to run real fast just to stay in place.’ Maybe it’s time to stop running. Stop and learn.” A fulfilling life comes when we learn from our mistakes, especially the mistake of living life apart from God and His Word.

Jesus called Himself the *“bread of life”* (v. 35), a title that was misunderstood by many of those who were listening to Him. What did Jesus mean when He referred to Himself as the *“bread of life”*?

1. **He is the bread from heaven** (6:32). The people thought that Moses gave them bread or manna in the wilderness. But Jesus said that God is the One who gave manna, and that God sent Him as the bread from heaven. He alone can satisfy the hunger for God and fulfillment in our soul. He satisfies the hunger to be loved and accepted. Jesus said seven times in this passage of scripture that He came from heaven, meaning that He is from God. He told Nicodemus, *“For God so loved the world that He gave His one and only Son...”* (John 3:16a). He alone understands your life and your deep hunger.
2. **He is the bread of God** (6:33). Jesus is a heavenly gift from God the Father that satisfies our hunger for love, purpose, and satisfaction. In life, there are many life-changing decisions that we must make. We have the *“bread of life,”* the One who can fulfill our longing, and satisfy our need for direction. David said: *“I will instruct you and show you the way to go: with My eye on you, I will give counsel”* (Psalm 32:8). Jesus will be with you just like a satisfying meal that gives us satisfaction in our hunger.
3. **He is the bread of life** (6:35). The people said, *“Sir, give us this bread always!”* They were thinking of physical bread, a type of bread that they could eat and not get hungry again. Jesus was speaking metaphorically. As the *“bread of life,”* He satisfies our longings, whatever they may be. He answers the

question of significance and purpose of life. He gives you the strength that you need to deal with whatever life throws at you. The hunger for God and eternal life is met in Jesus Christ.

4. He is the living bread (6:51). Just as physical bread gives us nourishment to live, the *“bread of life,”* gives us eternal life. Jesus said: *“I am the living bread that came down from heaven. If anyone eats of this bread he will live forever. The bread that I will give for the life of the world is My flesh”* (v. 51). Again, He was speaking metaphorically, meaning that when we take Jesus into our life, He gives eternal life—life that is fulfilling and forever. John said, *“The one who has the Son has life”* (1 John 5:12a).

Are you hungry for real life, a life that matters? Are you weak in your life and faith? Turn to Jesus, the *“bread of life.”* When you take Jesus into your life as your Savior and God, you will no longer hunger or thirst for a fulfilling and forever life. You will have satisfaction in your soul. You will have a source of spiritual nourishment that few have.