

Journey with Jesus

Praying through the Gospel of John

Week 7



- Find a place to sit quietly.
- Sit in a relaxed position and close your eyes.
- Breathe normally and become aware of God your provider.
- Jesus says: I am the bread of life. Whoever comes to me will never go hungry.
- Ponder these words.
- How has Jesus been the bread of life in your life?
- You might like to respond to Jesus in faith: You are the bread of life. Whoever comes to you will never go hungry.
- You might like to listen to Soul Survivor sing The Table of the Lord.
- You might like to listen to Salt of the Sound sing Be still my soul.
- You might like to listen to Rebecca Young sing What is he to you?.



➤ You might like to listen to:

- Day 1: I will follow him with Whoopi Goldberg then click [here](#).
- Day 2: Michael Lining sing Of the Father's love begotten then click [here](#).
- Day 3: O Bread of Heaven sung by Boyce and Stanley then click [here](#).
- Day 4: I am the bread of life sung by John Michael Talbot then click [here](#).
- Day 5: David Haas sing I am the Living Bread then click [here](#).
- Day 6: I am the bread of life by Suzanne Toolan then click [here](#).
- Day 7: Hold on to me sung by Lauren Daigle then click [here](#).



Day 1: John 6:22-24

The next day the crowd that had stayed on the opposite shore of the lake realised that only one boat had been there, and that Jesus had not entered it with his disciples, but that they had gone away alone. Then some boats from Tiberias landed near the place where the people had eaten the bread after the Lord had given thanks. Once the crowd realised that neither Jesus nor his disciples were there, they got into the boats and went to Capernaum in search of Jesus.

- Read this passage from John 6.
 - What words or phrases strike you?
- Read these words again slowly.
 - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged in this time of prayer?
- How has the Spirit been at work in your heart as you have prayed?
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- When you have finished click [here](#) to continue.



Day 2: John 6:25-29

When they found him on the other side of the lake, they asked him, “Rabbi, when did you get here?” Jesus answered, “Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill. Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.” Then they asked him, “What must we do to do the works God requires?” Jesus answered, “The work of God is this: to believe in the one he has sent.”

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Day 3: John 6:30-33

So they asked him, “What sign then will you give that we may see it and believe you? What will you do? Our ancestors ate the manna in the wilderness; as it is written: ‘He gave them bread from heaven to eat.’” Jesus said to them, “Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is the bread that comes down from heaven and gives life to the world.”

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Day 4: John 6:34-40

“Sir,” they said, “always give us this bread.”

Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. But as I told you, you have seen me and still you do not believe. All those the Father gives me will come to me, and whoever comes to me I will never drive away. For I have come down from heaven not to do my will but to do the will of him who sent me. And this is the will of him who sent me, that I shall lose none of all those he has given me, but raise them up at the last day. For my Father’s will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day.”

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Day 5: John 6:41-51

At this the Jews there began to grumble about him because he said, “I am the bread that came down from heaven.” They said, “Is this not Jesus, the son of Joseph, whose father and mother we know? How can he now say, ‘I came down from heaven?’” “Stop grumbling among yourselves,” Jesus answered. “No one can come to me unless the Father who sent me draws them, and I will raise them up at the last day. It is written in the Prophets: ‘They will all be taught by God.’ Everyone who has heard the Father and learned from him comes to me. No one has seen the Father except the one who is from God; only he has seen the Father. Very truly I tell you, the one who believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, yet they died. But here is the bread that comes down from heaven, which anyone may eat and not die. I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world.”



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Day 6: John 6:60-65

On hearing it, many of his disciples said, “This is a hard teaching. Who can accept it?” Aware that his disciples were grumbling about this, Jesus said to them, “Does this offend you? Then what if you see the Son of Man ascend to where he was before! The Spirit gives life; the flesh counts for nothing. The words I have spoken to you—they are full of the Spirit and life. Yet there are some of you who do not believe.” For Jesus had known from the beginning which of them did not believe and who would betray him. He went on to say, “This is why I told you that no one can come to me unless the Father has enabled them.”

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Day 7: John 6:66-70

From this time many of his disciples turned back and no longer followed him. “You do not want to leave too, do you?” Jesus asked the Twelve. Simon Peter answered him, “Lord, to whom shall we go? You have the words of eternal life. We have come to believe and to know that you are the Holy One of God.” Then Jesus replied, “Have I not chosen you, the Twelve? Yet one of you is a devil!” (He meant Judas, the son of Simon Iscariot, who, though one of the Twelve, was later to betray him.)

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➤ You might like to listen to this music sung by Salt of the Sound

➤ Day 1: Awake my soul

➤ Day 2: Christ Abides

➤ Day 3: Be thou my vision

➤ Day 4: Holy Ground

➤ Day 5: Abide with me

➤ Day 6: Nearer my God to thee

➤ Day 7: Peace in the storm



Creative prayer

The ancient king seals are a well known feature of archaeological finds in Israel. They are jars made of clay embossed with the words 'to the king' and are often referred to in English as the LMLK seals - a version of the Old Hebrew letters.

When you look at the picture to the right, with the words 'to the king' embossed in clay what comes to mind?

Read the two passages from 2 Corinthians below the picture.

You might also like to read Mark 12:13-17.

- As we look at ourselves and others as clay jars, where do we notice the imprint, the embossing, the stamping of the image of God?
- Where do we notice the treasure within?
- And as we hear the words of Jesus asking us to render ourselves to him, to the king, what is our response?

You might like to make and emboss some some dough ornaments. A guide can be found [here](#). As you do you might like to reflect on the passages of scripture given.

You might instead like to make some embossed wax stamps.



But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us. 2 Corinthians 4:7

Now it is God who makes both us and you stand firm in Christ. He anointed us, set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come.
2 Corinthians 1:21-22



Like baby birds we all yearn for fulfilment,
We search through our lives in various place
for spiritual food,
Yeshua (Jesus) is the bread of life.
To be filled with Him is to be fulfilled spiritually.
And so at last home.

I Am the Bread of Life.

Where to get bread? An ever-pressing question
That trembles on the lips of anxious mothers,
Bread for their families, bread for all these others;
A whole world on the margin of exhaustion.
And where that hunger has been satisfied
Where to get bread? The question still returns
In our abundance something starves and yearns
We crave fulfillment, crave and are denied.

And then comes One who speaks into our needs
Who opens out the secret hopes we cherish
Whose presence calls our hidden hearts to flourish
Whose words unfold in us like living seeds
Come to me, broken, hungry, incomplete,
I Am the Bread of Life, break Me and eat.

Malcolm Guite - used with the poet's permission

Click on the title of this sonnet to listen to the author read these words.



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