***Lesson 1 Sabbath, April 5, 2025***

**Jesus, the Bread of Life**

***MEMORY VERSE: “And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst” (John 6:35).***

“We eat Christ’s flesh. . . . when by faith we lay hold upon Him as our Saviour.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 5, p. 1135.

**Suggested Reading:** *Thoughts From the Mount of Blessing,* pp. 18–21. (At the bottom of this page)

***1.AMBITIOUS ZEAL Sunday, Mar 30***

**a. After the miracle of the loaves, what conviction took possession of many people? John 6:14. What were they eager to do? John 6:15 (first part).**

**John 6:14**

Then those men, when they had seen the miracle that Jesus did, said, This is of a truth that prophet that should come into the world.

**John 6:15**

When Jesus therefore perceived that they would come and take him by force, to make him a king, he departed again into a mountain himself alone.

“All day the conviction has strengthened. That crowning act is assurance that the long-looked-for Deliverer is among them. The hopes of the people rise higher and higher. This is He who will make Judea an earthly paradise, a land flowing with milk and honey. He can satisfy every desire. He can break the power of the hated Romans. He can deliver Judah and Jerusalem. He can heal the soldiers who are wounded in battle. He can supply whole armies with food. He can conquer the nations, and give to Israel the long-sought dominion.

“In their enthusiasm the people are ready at once to crown Him king. They see that He makes no effort to attract attention or secure honor to Himself. In this He is essentially different from the priests and rulers, and they fear that He will never urge His claim to David’s throne. Consulting together, they agree to take Him by force, and proclaim Him the king of Israel. The disciples unite with the multitude in declaring the throne of David the rightful inheritance of their Master. It is the modesty of Christ, they say, that causes Him to refuse such honor. Let the people exalt their Deliverer. Let the arrogant priests and rulers be forced to honor Him who comes clothed with the authority of God.”—*The Desire of Ages,* pp. 377, 378.

***2. CALMING THE MISGUIDED ZEAL Monday, Mar 31***

**a. What did Jesus do to prevent the multitude and the disciples from carrying out their plans to place Him on an earthly throne? John 6:15.**

**John 6:15**

When Jesus therefore perceived that they would come and take him by force, to make him a king, he departed again into a mountain himself alone.

“[The disciples and the multitude] eagerly arrange to carry out their purpose; but Jesus sees what is on foot, and understands, as they cannot, what would be the result of such a movement. Even now the priests and rulers are hunting His life. They accuse Him of drawing the people away from them. Violence and insurrection would follow an effort to place Him on the throne, and the work of the spiritual kingdom would be hindered. Without delay the movement must be checked. Calling His disciples, Jesus bids them take the boat and return at once to Capernaum, leaving Him to dismiss the people.

“Never before had a command from Christ seemed so impossible of fulfillment. The disciples had long hoped for a popular movement to place Jesus on the throne; they could not endure the thought that all this enthusiasm should come to nothing. The multitudes that were assembling to keep the Passover were anxious to see the new prophet. To His followers this seemed the golden opportunity to establish their beloved Master on the throne of Israel. In the glow of this new ambition it was hard for them to go away by themselves, and leave Jesus alone upon that desolate shore. They protested against the arrangement; but Jesus now spoke with an authority He had never before assumed toward them. They knew that further opposition on their part would be useless, and in silence they turned toward the sea.”—*The Desire of Ages,* p. 378.

**b. The day after the miracle, what did the multitude do? John 6:22–25.**

**John 6:22–25**

The day following, when the people which stood on the other side of the sea saw that there was none other boat there, save that one whereinto his disciples were entered, and that Jesus went not with his disciples into the boat, but that his disciples were gone away alone; **23** (Howbeit there came other boats from Tiberias nigh unto the place where they did eat bread, after that the Lord had given thanks:) **24** When the people therefore saw that Jesus was not there, neither his disciples, they also took shipping, and came to Capernaum, seeking for Jesus. **25** And when they had found him on the other side of the sea, they said unto him, Rabbi, when camest thou hither?

“The miracle of the loaves was reported far and near, and very early next morning the people flocked to Bethsaida to see Jesus. They came in great numbers, by land and sea. Those who had left Him the preceding night returned, expecting to find Him still there; for there had been no boat by which He could pass to the other side. But their search was fruitless, and many repaired to Capernaum, still seeking Him.

“Meanwhile He had arrived at Gennesaret, after an absence of but one day. As soon as it was known that He had landed, the people ‘ran through that whole region round about, and began to carry about in beds those that were sick, where they heard He was.’ Mark 6:55.”—*Ibid.,* pp. 383, 384.

***3. BETTER AIMS, DIVINE HELP Tuesday, Apr 1***

**a. What frank yet mindful message did Jesus give to the multitudes? John 6:26, 27.**

**John 6:26, 27**

Jesus answered them and said, Verily, verily, I say unto you, Ye seek me, not because ye saw the miracles, but because ye did eat of the loaves, and were filled. **27** Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for him hath God the Father sealed.

“Jesus did not gratify their curiosity. He sadly said, ‘Ye seek Me, not because ye saw the miracles, but because ye did eat of the loaves, and were filled.’ They did not seek Him from any worthy motive; but as they had been fed with the loaves, they hoped still to receive temporal benefit by attaching themselves to Him. The Saviour bade them, ‘Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life.’ Seek not merely for material benefit. Let it not be the chief effort to provide for the life that now is, but seek for spiritual food, even that wisdom which will endure unto everlasting life.”—*The Desire of Ages,* p. 384.

**b. What question did the Jews ask Jesus concerning the works of God? John 6:28. Explain the response the Lord gave. John 6:29.**

**John 6:28**

Then said they unto him, What shall we do, that we might work the works of God?

**John 6:29**

Jesus answered and said unto them, This is the work of God, that ye believe on him whom he hath sent.

“For the moment the interest of the hearers was awakened. They exclaimed, ‘What shall we do, that we might work the works of God?’ They had been performing many and burdensome works in order to recommend themselves to God; and they were ready to hear of any new observance by which they could secure greater merit. Their question meant, What shall we do that we may deserve heaven? What is the price we are required to pay in order to obtain the life to come?

“ ‘Jesus answered and said unto them, This is the work of God, that ye believe on Him whom He hath sent.’ The price of heaven is Jesus. The way to heaven is through faith in ‘the Lamb of God, which taketh away the sin of the world.’ John 1:29.”—*Ibid.,* p. 385.

“Repentance is turning from self to Christ; and when we receive Christ so that through faith He can live His life in us, good works will be manifest.”—*Thoughts From the Mount of Blessing,* p. 87.

“May the Lord help His people to realize that there is earnest work to be done. . . . In the home, in the church, and in the world they are to work the works of Christ. They are not left to labor alone. The angels are their helpers. And Christ is their helper.”—*Testimonies for the Church,* vol. 8, p. 18.

***4. THE BREAD OF HEAVEN Wednesday, Apr 2***

**a. What sign did the Jews want and what historical fact did they mention? John 6:30, 31. How did Jesus say of the bread from heaven? John 6:32, 33.**

**John 6:30, 31**

They said therefore unto him, What sign shewest thou then, that we may see, and believe thee? what dost thou work? **31** Our fathers did eat manna in the desert; as it is written, He gave them bread from heaven to eat.

**John 6:32, 33**

Then Jesus said unto them, Verily, verily, I say unto you, Moses gave you not that bread from heaven; but my Father giveth you the true bread from heaven. **33** For the bread of God is he which cometh down from heaven, and giveth life unto the world.

“The Jews honored Moses as the giver of the manna, ascribing praise to the instrument, and losing sight of Him by whom the work had been accomplished. Their fathers had murmured against Moses, and had doubted and denied his divine mission. Now in the same spirit the children rejected the One who bore the message of God to themselves. ‘Then said Jesus unto them, Verily, verily, I say unto you, Moses gave you not that bread from heaven.’ The giver of the manna was standing among them. It was Christ Himself who had led the Hebrews through the wilderness, and had daily fed them with the bread from heaven. That food was a type of the real bread from heaven. The life-giving Spirit, flowing from the infinite fullness of God, is the true manna.”—*The Desire of Ages,* pp. 385, 386.

**b. Having their minds fixed merely upon the natural, physical bread, what request did they make—and what did the Lord explain? John 6:34–36.**

**John 6:34–36**

Then said they unto him, Lord, evermore give us this bread. **35** And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst. **36** But I said unto you, That ye also have seen me, and believe not.

“The figure which Christ used was a familiar one to the Jews. Moses, by the inspiration of the Holy Spirit, had said, ‘Man doth not live by bread only, but by every word that proceedeth out of the mouth of the Lord.’ And the prophet Jeremiah had written, ‘Thy words were found, and I did eat them; and Thy word was unto me the joy and rejoicing of mine heart’ Deuteronomy 8:3; Jeremiah 15:16. The rabbis themselves had a saying, that the eating of bread, in its spiritual significance, was the study of the law and the practice of good works; and it was often said that at the Messiah’s coming all Israel would be fed. The teaching of the prophets made plain the deep spiritual lesson in the miracle of the loaves. This lesson Christ was seeking to open to His hearers in the synagogue. Had they understood the Scriptures, they would have understood His words when He said, ‘I am the bread of life.’ Only the day before, the great multitude, when faint and weary, had been fed by the bread which He had given. As from that bread they had received physical strength and refreshment, so from Christ they might receive spiritual strength unto eternal life.”—*Ibid.,* p. 386.

***5. RESURRECTION AND ETERNAL LIFE Thursday, Apr 3***

**a. What two closely related promises are given to those who identify themselves with Christ—and how does this bring hope to every sinner? John 6:37–40.**

**John 6:37–40**

All that the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out. **38** For I came down from heaven, not to do mine own will, but the will of him that sent me. **39** And this is the Father’s will which hath sent me, that of all which he hath given me I should lose nothing, but should raise it up again at the last day. **40** And this is the will of him that sent me, that every one which seeth the Son, and believeth on him, may have everlasting life: and I will raise him up at the last day.

“All who received Him in faith, [Jesus] said, should have eternal life. Not one could be lost.”—*The Desire of Ages,* p. 387.

“Do not listen to the enemy’s suggestion to stay away from Christ until you have made yourself better; until you are good enough to come to God. If you wait until then, you will never come. When Satan points to your filthy garments, repeat the promise of Jesus, ‘Him that cometh to Me I will in no wise cast out.’ John 6:37. Tell the enemy that the blood of Jesus Christ cleanses from all sin. Make the prayer of David your own, ‘Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.’ Psalm 51:17.

“Arise and go to your Father. He will meet you a great way off. If you take even one step toward Him in repentance, He will hasten to enfold you in His arms of infinite love. His ear is open to the cry of the contrite soul. The very first reaching out of the heart after God is known to Him. Never a prayer is offered, however faltering, never a tear is shed, however secret, never a sincere desire after God is cherished, however feeble, but the Spirit of God goes forth to meet it. Even before the prayer is uttered or the yearning of the heart made known, grace from Christ goes forth to meet the grace that is working upon the human soul.”—*Christ’s Object Lessons,* pp. 205, 206.

**b. What did the unbelieving Jews murmur and what promise did Jesus repeat to those who believed in Him? John 6:41–51.**

**John 6:41–51**

The Jews then murmured at him, because he said, I am the bread which came down from heaven. **42** And they said, Is not this Jesus, the son of Joseph, whose father and mother we know? how is it then that he saith, I came down from heaven? **43** Jesus therefore answered and said unto them, Murmur not among yourselves. **44** No man can come to me, except the Father which hath sent me draw him: and I will raise him up at the last day. **45** It is written in the prophets, And they shall be all taught of God. Every man therefore that hath heard, and hath learned of the Father, cometh unto me. **46** Not that any man hath seen the Father, save he which is of God, he hath seen the Father. **47** Verily, verily, I say unto you, He that believeth on me hath everlasting life. **48** I am that bread of life. **49** Your fathers did eat manna in the wilderness, and are dead. **50** This is the bread which cometh down from heaven, that a man may eat thereof, and not die. **51** I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.

***PERSONAL REVIEW QUESTIONS Friday, Apr 4***

**1. After the miracle of the loaves, what did Christ’s followers plan to do?**

**2. Describe the main interest of the multitude following Jesus.**

**3. Explain the words of Jesus in John 6:29.**

**4. What illustration did Christ use to depict the source of spiritual life?**

**5. How did the Jewish leaders manifest their prejudice against Christ?**

***Suggested Reading:Thoughts From the Mount of Blessing, pp. 18–21.***

“Blessed are they which do hunger and thirst after righteousness: for they shall be filled.”**—**[Matthew 5:6](https://www.3ams.com/Bible/BCViewData1/mat%205:6%C2%A62).

Righteousness is holiness, likeness to God, and “God is love.” [1 John 4:16](https://www.3ams.com/Bible/BCViewData1/1jn%204:16%C2%A62). It is conformity to the law of God, for “all Thy commandments are righteousness” ([Psalm 119:172](https://www.3ams.com/Bible/BCViewData1/psa%20119:172%C2%A62)), and “love is the fulfilling of the law” ([Romans 13:10](https://www.3ams.com/Bible/BCViewData1/rom%2013:10%C2%A62)). Righteousness is love, and love is the light and the life of God. The righteousness of God is embodied in Christ. We receive righteousness by receiving Him.  (MB 18.1)

Not by painful struggles or wearisome toil, not by gift or sacrifice, is righteousness obtained; but it is freely given to every soul who hungers and thirsts to receive it. “Ho, every one that thirsteth, come ye to the waters, and he that hath no money; come ye, buy, and eat, ... without money and without price.” [Isaiah 55:1](https://www.3ams.com/Bible/BCViewData1/isa%2055:1%C2%A62). “Their righteousness is of Me, saith the Lord,”([Isaiah 54:17](https://www.3ams.com/Bible/BCViewData1/isa%2054:17%C2%A62)) and, “This is His name whereby He shall be called, The Lord Our Righteousness.” [Jeremiah 23:6](https://www.3ams.com/Bible/BCViewData1/jer%2023:6%C2%A62).  (MB 18.2)

No human agent can supply that which will satisfy the hunger and thirst of the soul. But Jesus says, “Behold, I stand at the door, and knock: if any man hear My voice, and open the door, I will come in to him, and will sup with him, and he with Me.” [Revelation 3:20](https://www.3ams.com/Bible/BCViewData1/rev%203:20%C2%A62). “I am the bread of life: he that cometh to Me shall never hunger; and he that believeth on Me shall never thirst.” [John 6:35](https://www.3ams.com/Bible/BCViewData1/jhn%206:35%C2%A62).  (MB 18.3)

As we need food to sustain our physical strength, so do we need Christ, the Bread from heaven, to sustain spiritual life and impart strength to work the works of God. As the body is continually receiving the nourishment that sustains life and vigor, so the soul must be constantly communing with Christ, submitting to Him and depending wholly upon Him. (MB 19.1)

As the weary traveler seeks the spring in the desert and, finding it, quenches his burning thirst, so will the Christian thirst for and obtain the pure water of life, of which Christ is the fountain. (MB 19.2)

As we discern the perfection of our Saviour’s character we shall desire to become wholly transformed and renewed in the image of His purity. The more we know of God, the higher will be our ideal of character and the more earnest our longing to reflect His likeness. A divine element combines with the human when the soul reaches out after God and the longing heart can say, “My soul, wait thou only upon God; for my expectation is from Him.” [Psalm 62:5](https://www.3ams.com/Bible/BCViewData1/psa%2062:5%C2%A62). (MB 19.3)

If you have a sense of need in your soul, if you hunger and thirst after righteousness, this is an evidence that Christ has wrought upon your heart, in order that He may be sought unto to do for you, through the endowment of the Holy Spirit, those things which it is impossible for you to do for yourself. We need not seek to quench our thirst at shallow streams; for the great fountain is just above us, of whose abundant waters we may freely drink, if we will rise a little higher in the pathway of faith. (MB 19.4)

The words of God are the wellsprings of life. As you seek unto those living springs you will, through the Holy Spirit, be brought into communion with Christ. Familiar truths will present themselves to your mind in a new aspect, texts of Scripture will burst upon you with a new meaning as a flash of light, you will see the relation of other truths to the work of redemption, and you will know that Christ is leading you, a divine Teacher is at your side. (MB 20.1)

Jesus said, “The water that I shall give him shall be in him a well of water springing up into everlasting life.” [John 4:14](https://www.3ams.com/Bible/BCViewData1/jhn%204:14%C2%A62). As the Holy Spirit opens to you the truth you will treasure up the most precious experiences and will long to speak to others of the comforting things that have been revealed to you. When brought into association with them you will communicate some fresh thought in regard to the character or the work of Christ. You will have some fresh revelation of His pitying love to impart to those who love Him and to those who love Him not. (MB 20.2)

“Give, and it shall be given unto you” ([Luke 6:38](https://www.3ams.com/Bible/BCViewData1/luk%206:38%C2%A62)); for the word of God is “a fountain of gardens, a well of living waters, and streams of Lebanon” ([Song of Solomon 4:15](https://www.3ams.com/Bible/BCViewData1/sng%204:15%C2%A62)). The heart that has once tasted the love of Christ, cries out continually for a deeper draft, and as you impart you will receive in richer and more abundant measure. Every revelation of God to the soul increases the capacity to know and to love. The continual cry of the heart is, “More of Thee,” and ever the Spirit’s answer is, “Much more.” [Romans 5:9, 10](https://www.3ams.com/Bible/BCViewData1/rom%205:9,%2010%C2%A62). For our God delights to do “exceeding abundantly above all that we ask or think.” [Ephesians 3:20](https://www.3ams.com/Bible/BCViewData1/eph%203:20%C2%A62). To Jesus, who emptied Himself for the salvation of lost humanity, the Holy Spirit was given without measure. So it will be given to every follower of Christ when the whole heart is surrendered for His indwelling. Our Lord Himself has given the command, “Be filled with the Spirit” ([Ephesians 5:18](https://www.3ams.com/Bible/BCViewData1/eph%205:18%C2%A62)), and this command is also a promise of its fulfillment. It was the good pleasure of the Father that in Christ should “all the fullness dwell,”([Colossians 1:19](https://www.3ams.com/Bible/BCViewData1/col%201:19%C2%A62) , R.V.) and “in Him ye are made full.” [Colossians 2:10](https://www.3ams.com/Bible/BCViewData1/col%202:10%C2%A62), R.V.  (MB 20.3)

God has poured out His love unstintedly, as the showers that refresh the earth. He says, “Let the skies pour down righteousness: let the earth open, and let them bring forth salvation, and let righteousness spring up together.”([Isaiah 45:8](https://www.3ams.com/Bible/BCViewData1/isa%2045:8%C2%A62)) “When the poor and needy seek water, and there is none, and their tongue faileth for thirst, I the Lord will hear them, I the God of Israel will not forsake them. I will open rivers in high places, and fountains in the midst of the valleys: I will make the wilderness a pool of water, and the dry land springs of water.” [Isaiah 41:17, 18](https://www.3ams.com/Bible/BCViewData1/isa%2041:17,%2018%C2%A62).  (MB 21.1)

“Of His fullness have all we received, and grace for grace.” [John 1:16](https://www.3ams.com/Bible/BCViewData1/jhn%201:16%C2%A62). (MB 21.2)