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# TABLE TALK

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## Bread of Life

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### Prepare:

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*As one person lights a candle, the family reads together (adapted from John 6):*

C: Jesus is the bread of life,  
R: whoever eats of him shall not hunger.  
C: Jesus is the bread of life,  
R: whoever eats of him shall not die.

### Read: John 6:35-51 (ESV)

35 Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst. 36 But I said to you that you have seen me and yet do not believe. 37 All that the Father gives me will come to me, and whoever comes to me I will never cast out. 38 For I have come down from heaven, not to do my own will but the will of him who sent me. 39 And this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up on the last day. 40 For this is the will of my Father, that everyone who looks on the Son and believes in him should have eternal life, and I will raise him up on the last day."

41 So the Jews grumbled about him, because he said, "I am the bread that came down from heaven." 42 They said, "Is not this Jesus, the son of Joseph, whose father and mother we know? How does he now say, 'I have come down from heaven'?" 43 Jesus answered them, "Do not grumble among yourselves. 44 No one can come to me unless the Father who sent me draws him. And I will raise him up on the last day. 45 It is written in the Prophets, 'And they will all be taught by God.' Everyone who has heard and learned from the Father comes to me— 46 not that anyone has seen the Father except he who is from God; he has seen the Father. 47 Truly, truly, I say to you, whoever believes has eternal life. 48 I am the bread of life. 49 Your fathers ate the manna in the wilderness, and they died. 50 This is the bread that comes down from heaven, so that one may eat of it and not die. 51 I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. And the bread that I will give for the life of the world is my flesh."

### Reflect

As God the Father sent the Israelites manna from heaven to sustain their physical life, so to he sent us Jesus, the living bread, who sustains our life.

Take a moment to talk about what this passage (John 6:35-51) means for you as a family.

*Now share with one another one thing you can do differently as a member of your family.*

### Praying:

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*The head of the household prays:*

Almighty Father in Heaven, you give us life through the living bread that is your Son. Strengthen our faith in him. In Jesus's name, amen.