

Because He Is

Living in Light of Who Jesus Is

I Am the Bread of Life | John 6:22–40 | September 13, 2026

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TEACHING The life we need is found in Jesus

“I am the bread of life.” (John 6:35, CSB)

Jesus fed the crowd's physical hunger, then offered the life only He could give. His identity invites our trust:

He sees the need beneath our search. John 6:26–29

He gives Himself as the life we need. John 6:30–35

He keeps the people who come to Him. John 6:36–40

He welcomes those who come and promises to raise them on the last day. We receive His gift of life through faith.

Because He is the Bread of Life, I can stop chasing what cannot satisfy.

TOOL Bring your need to Jesus

1. Name the need. What am I carrying today?

2. Notice my trust. What am I relying on to make me secure?

3. Come to Jesus. Read John 6:35 and 37. What promise can I trust?

4. Take one faithful step. What will I do, and when?

Receiving help can be a faithful step. Ask for support, make an apology, or share a meal. Trusting Jesus leaves room for honest grief and practical care.

TASK One need and one faithful step this week

For **September 13–19**, spend five minutes each day reading John 6:35–40 and bringing your named need to Jesus. Take the step you wrote above. At week's end, consider how knowing who He is changed your response.

Let His welcome **root** you, His words **renew** your trust, and His care **release** you to care for others. This practice responds to His grace; it does not earn His love.

Prayer: Jesus, Bread of Life, I bring You my need. Help me trust Your welcome and take my next faithful step. Amen.

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