

Because He Is

Living in Light of Who Jesus Is

Week 1 • I Am the Bread of Life • September 13, 2026

John 6:22–40 • Pastor Darrell K. Cook • Second Baptist Church, Erie

TEACHING • The life we need is found in Jesus

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

Jesus sees our needs, gives himself as the life we need, and keeps the people who come to him. His identity gives us a reason to trust him with the needs we cannot meet ourselves.

The crowd had eaten the bread Jesus provided. Now they wanted another meal. Jesus cared about their hunger; he had already fed them. But he also offered life that another meal could not supply. He directed them to himself.

Jesus sees the need beneath our search. Read John 6:26–29. We can bring him the practical need and the deeper longing beneath it. He invites us to believe in the One the Father sent.

Jesus gives himself as the life we need. Read John 6:30–35. Coming to Jesus means trusting him. We receive his gift of life; we do not earn it by performing well enough.

Jesus keeps the people who come to him. Read John 6:36–40. His promise reaches beyond today's circumstances. He receives those who come and promises to raise them on the last day.

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

TOOL • Bring your need to Jesus

Use these four questions when a need begins to drive your decisions. Take a quiet moment, open John 6:35–40, and answer honestly. You do not need polished words.

1. Name the need. What am I carrying?

Be specific: groceries, uncertainty about work, loneliness, grief, forgiveness, or the pressure to prove your worth. Some needs require practical help as well as prayer.

Today I need: _____

Underneath that, I am longing for: _____

2. Notice your trust. What am I asking to make me secure?

A job, a relationship, or an accomplishment can be a good gift. Consider whether you are asking it to provide the lasting life and security Jesus offers.

I have been relying on: _____

I have been hoping it would give me: _____

TOOL • Continue the conversation

3. Come to Jesus. What promise can I trust here?

Read John 6:35 and 37. Jesus identifies himself as the Bread of Life and promises to receive the person who comes. Your confidence rests in his welcome. You can come while questions and difficult feelings remain.

Complete this prayer: Jesus, you are _____

I bring you _____

Help me trust your promise that _____

4. Take one faithful step. How can I respond from that trust?

Choose one action that fits the need. Ask for help with groceries. Tell a trusted person you are struggling. Make the apology you have delayed. Pause a purchase you are using to prove your worth. Share a meal with someone who needs food or company. Receiving help can be a faithful step too.

My next step is: _____

I will take it by: _____

TASK • One need, one faithful step, seven days

For **September 13–19**, bring one named need to Jesus each day. Use the four questions above. Read John 6:35–40 slowly and remember who is speaking. Set aside about five minutes; if you miss a day, begin again.

Take the step you named this week. If it requires support, invite one trusted person to walk with you. Let Jesus' welcome root you, let his words renew what you trust, and let that trust move you toward faithful action and care for others.

Daily check-in: ☐ Sun ☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat

These marks help you remember a practice. They do not measure Jesus' love or earn his help.

At week's end: What did I notice about Jesus and my need?

What step did I take, and what help do I still need?

Trusting Jesus does not mean ignoring hunger, grief, or the need for care. Bring those needs honestly to him and to people who can help. His promise of life remains trustworthy even when circumstances take time to change.

Prayer: Jesus, Bread of Life, thank you for receiving me. Show me where I have looked for life that only you can give. Teach me to trust your word and take the next faithful step. Amen.

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