

**Discussion and Reflection Questions**  
**Lent 1 - I AM the bread of life - 22<sup>nd</sup> of February 2026**

**Read: John 6:30-35**

So they said to him, ‘What sign are you going to give us then, so that we may see it and believe you? What work are you performing?’<sup>31</sup> Our ancestors ate the manna in the wilderness; as it is written, “He gave them bread from heaven to eat.”<sup>32</sup> Then Jesus said to them, ‘Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven.<sup>33</sup> For the bread of God is that which comes down from heaven and gives life to the world.’<sup>34</sup> They said to him, ‘Sir, give us this bread always.’

<sup>35</sup> Jesus said to them, ‘I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.’

**Questions**

1. Have you given up or taken up anything for Lent this year? If so what are you hoping the impact of this might be in your life &/or spiritual journey?
2. The crowd compares Jesus to Moses giving manna in the wilderness. Why do you think people often look for God to act in familiar or repeatable ways?
3. The people ask, “Sir, give us this bread always.” In what ways do we misunderstand what we truly need from God?
4. To use the phrase “I AM” was controversial as it was the name reserved for God & not spoken aloud. Why do you think he has used this expression?
5. Jesus declares, “I am the bread of life.” What kind of hunger do you think he’s speaking about & how might this be different from physical hunger?
6. What habits or distractions keep us trying to feed ourselves spiritually instead of receiving life from Jesus?
7. How might a church community or an individual Christian live differently if it truly believed Jesus alone satisfies human longing?

**Prayer**

God of manna and mercy, feed us with the bread that truly sustains. Remove all that starves the spirit, and build us into a living house shaped by Christ the Living Stone. Satisfy our hunger with his life, and make us signs of your abundance for others. Strengthen us to walk in hope and generosity. Through Jesus Christ our Lord. Amen.