

WORDS OF JESUS

SERMON SERIES

HELPING YOU ENGAGE B4'S TEACHING

"FLESH, BLOOD, AND BREAD"

SPEAKER: Bo Stern Brady

DATE: August 23, 2026

TEXT(S): John 6, with Ex 16:1-36,
Lev. 17:10-14, and Deut. 12:23-25

HOW TO USE THIS RESOURCE: *It's designed to help you, (or you and your group) step through a progression of engagement with your Bible and the speaker's message.*

Our goal is to help you (or you and your group) better understand and apply B4's teaching.

TEACHING SUMMARY:

In John 6, Jesus confronts our tendency to want his provision without wanting his presence. After feeding the five thousand, the crowds pursue him because they want bread, but Jesus redirects their hunger toward himself: "I am the bread of life." His shocking language about eating his flesh and drinking his blood metaphorically points to communion, where we abide in him. Jesus knows there will be lots of tables in front of us filled with lots of things. However, He insists that only He, Himself, provides what truly satisfies. When many disciples leave because following him is too costly, Peter stays. Why? Because he knows there is no one else to whom he can go to be truly filled.

ENGAGING THE MESSAGE:

LEAN IN: *These are icebreakers and warm-ups, mostly to get you thinking or the group talking. If you're using this resource by yourself, feel free to skip this warm-up. Otherwise, choose one to discuss or journal on. (5 minutes)*

1. What is your go-to when you are stressed, hungry, lonely, or uncertain?
2. What food do you find especially comforting, and why?
3. Have you ever found yourself valuing what someone could provide for you more than just being with them?
4. If you could guarantee that one source of anxiety would never trouble you again, what would it be?
5. What does the phrase "I'm hungry for something more" mean to you?

LOOK DOWN: *These questions help you engage the Bible passage(s) referenced in the teaching. Spend about 10 minutes discussing or journaling on your choice of two or three prompts:*

1. What changes from the crowd's initial response to Jesus in John 6:1-15 to their reaction in verses 22-29?
2. Compare Jesus' repeated descriptions of himself as bread in verses 6:35, 41, 48, and 51. What develops through the repetition you observe?
3. What does the crowd's "grumbling" reveal about their expectations of Jesus?
4. What does the movement from "eating" Jesus' flesh and drinking his blood to "abiding" in him suggest about what Jesus is ultimately inviting people into?
5. Peter doesn't claim to understand everything Jesus has said. What does his response reveal about the kind of faith that can remain when we don't understand Jesus but have come to know who he is?

LOOK OUT: *These questions help connect the world of the Bible to today.*

Spend about 10 minutes discussing or journaling on your choice of two or three prompts:

1. What are modern equivalents to the bread and manna that people looked to for ultimate security?
2. How does consumer culture train us to believe that satisfaction is always one purchase, experience, achievement, or relationship away?
3. Why is a message about surrender and dependence particularly difficult in a culture that prizes autonomy?
4. What are some ways Christians can unconsciously approach Jesus as a provider of benefits rather than as the person with whom we are invited to share life?
5. How can contemporary Christianity unintentionally reinforce the expectation that following Jesus should make our lives easier, safer, or more comfortable?

LOOK IN: *These questions help you consider how to engage the teaching for yourself.*

Spend about 10 minutes discussing or journaling on your choice of two or three prompts:

1. Where is your hunger currently sourced? What are you looking to for the satisfaction, security, identity, or peace that only Jesus can ultimately provide?
2. What do you find yourself believing you need from God in order to finally feel secure or satisfied?
3. What would it look like for you to move from asking, "What can Jesus give me?" to asking, "How can I receive more of Jesus himself?"
4. What competing "tables" are currently competing for your hunger and attention? What would it look like to receive them without asking them to satisfy what only Jesus can satisfy?
5. If Jesus really is the bread of life, what would change in the way you respond to your hunger this week?

LIVE IT OUT: *These suggestions can help you integrate this teaching into your day-to-day life.*

Choose one and decide how you will embrace it this week. If you're doing this in a group, discuss the options and how you might apply them. (5 minutes)

1. **Name the Hunger** - At least once each day this week, pause when you experience a strong desire, anxiety, frustration, or craving and ask yourself, "What am I hungry for right now? And where am I looking to have that hunger satisfied?" After chewing on those for a bit, pray something like, "Jesus, you are the bread of life. Teach me to abide in you within my hunger."
2. **Practice "Only You"** - At the beginning or end of each day this week, spend five minutes with John 6:35 and John 6:68-69. Think deeply about these two truths: Jesus said, "I am the bread of life" and Peter's confession, "Lord, to whom shall we go?" Don't try to respond to every question that arises or eliminate every competing hunger. Simply acknowledge that Jesus alone is the source of eternal life and consciously entrust your hunger to him.

You can always find B4's [Series Resources here](#).

