

DISCUSSION 1

Seeking Jesus (vv. 22-35)

1. Why were the crowds seeking Jesus? What does Jesus say?
2. How can we seek Jesus wrongly? What does it look like to seek Jesus rightly?
3. What's the significance of Jesus's claim, *"This is the work of God, that you may believe in him whom he has sent"*? What does it tell us about true faith and the way of salvation?
4. Jesus says the crowds are not seeking him because of a sign in verse 26, but the crowds do ask for a sign in verse 30. What fundamental misunderstanding is taking place among the Jews? What does it show about their hearts and where they are finding satisfaction?

DISCUSSION 2

Listening to Jesus (vv. 32-40)

1. What did Jesus claim about the manna that God gave to the Israelites as food in the wilderness? What did it represent?
2. In this passage, what does Jesus claim to be? Did the Jews understand him?
3. What's the significance of Jesus claiming to be the bread of life?
4. How do Jesus's statements in verses 35-40 encourage you in regard to your salvation?

DISCUSSION 3

Jesus, the sovereign God (vv. 35-59)

1. What does Jesus claim about the nature of salvation (vv. 37, 39, 44)?
2. How can we trust Jesus's promise that he will raise us up on the last day (vv. 39, 51)?
3. How do we obtain eternal life? By saying a prayer? By doing good works? What does Jesus say about it in verses 53-59?

FAMILY DISCIPLESHIP

1. Why do you like to eat bread? Why did Jesus call himself the bread of life?
2. If Jesus, unlike bread, can satisfy us forever, what does that mean for our day-to-day living in the present?
3. How can we seek Jesus as our bread of life? What motivates us to do so?

APPLICATION

- Write down 5-10 things that refresh you. Then, pray through your list. Where are you finding refreshment and satisfaction? What is the bread that is sustaining you? How might you need to change your routines or habits to be satisfied by Jesus regularly?
- Next time you take Communion, do it with this text on your mind. Remind yourself and thank God that by accepting the bread from heaven, you have hope eternally.