

Cell Material week beginning 12th Feb 2007
Jesus – the bread of life



Welcome

What is your idea of a perfect meal? Who would you want to eat it with? Have you eaten any meals in your life that have been particularly memorable?

Word

Read Amos 8 vs 11 – 13. Today in our land there seems to be a famine of hearing the words of the Lord and people are searching for something to satisfy them and take away the emptiness inside.

What sort of things do you see people doing to try to fill a 'hunger' in their lives eg. Jobs, possessions, status, religion, being busy, alternative spiritualities, addictions, sport? This may either people you know, or famous people or maybe you would like to share ways you tried to fill the gap before you became a Christian.

Read John 6 vs 25 – 58 (This is a fairly long passage so you may like to share it around.) Remember that Jesus is giving this discourse the day after he had miraculously fed the crowd of 5000+ people so it would have been very pertinent to the listeners. There is a great link here between satisfying a physical hunger and a spiritual hunger.

What do you think Jesus means in verse 27 when he says 'Do not work for food that spoils, but for food that endures to eternal life'?

What do you think Jesus means in verses 53 – 57 when he talks about us eating his flesh and drinking his blood?

In what practical ways can we 'feed' on the living bread? (reading the Bible, prayer, fellowship with other Christians, filling our minds with good things, having good attitudes, forgiving easily, encouraging each other).

Witness

What practical changes could you make to your life to enable you to feed more on Jesus the living bread? How can you make sure that your relationship with Jesus is a priority for you? In what ways might your relationship with Jesus manifest itself in your dealings with others – Christians and non Christians? Is there anyone who has been instrumental in helping you grow as a Christian that you need to thank or encourage? Is there anyone who needs your help to feed on the living bread and grow into a deeper relationship with Jesus?

Worship

You may want to use some real bread or a picture of some bread as a visual stimulus and a reminder of Jesus the living bread. Play some music and pass the bread around – use this time of reflection to think about the questions asked in the witness section.

Pray for people you know who need to find true peace and satisfaction in their lives – think not just about people you know personally but those in the public eye who need to know the living bread. Pray for those who have helped you grow in your faith and for those who introduced you to Jesus.