

## **Bread of Life**

*And Jesus said unto them, I am the bread of life: he that cometh to Me shall never hunger; and he that believeth on Me shall never thirst. —John 6:35*

In Jesus' day, the primary staple in the people's diet was bread. They depended upon it for survival. It was so important to their existence that Jesus included it in the model prayer: "Give us this day our daily bread". Just as that bread was important to their physical stamina, spiritual bread is important to endurance in the Christian life.

Jesus challenged His followers not to work for food that perishes but to put their efforts into the things that pertain to the Bread of Life. He knew that they needed sustenance for their daily life, but He was telling them they needed to change their focus to eternal life.

How hungry are we today? Are we stuffing ourselves with the pleasures of the world? Are we putting all our effort into the things that bring worldly comfort and neglecting the things that satisfy our spiritual hunger?

We are like sponges soaking up the liquid around us. If we are spending time in the word of God and prayer, we will be filled with spiritual things. But, if we are so busy soaking up the things of the world there is no space left for God.

God wants us to hunger after spiritual things. We don't like to give up a meal. We spend a lot of time planning and preparing and consuming our bread. God does not want us to stop eating, He just wants us to put that kind of effort into spiritual meals so that He can fill us.