

The Gospel According to John

“The Only True Soul Food”

John 6:51-71



John 6:51-55

“I am the living bread that came down out of heaven; if anyone eats of this bread, he will live forever; and the bread also which I will give for the life of the world is My flesh.”

Then the Jews began to argue with one another, saying,

“How can this man give us His flesh to eat?”

So Jesus said to them, “Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in yourselves. He who eats My flesh and drinks My blood has eternal life, and I will raise him up on the last day.

For My flesh is true food, and My blood is true drink.

John 6:56-60

“He who eats My flesh and drinks My blood abides in Me, and I in him. As the living Father sent Me, and I live because of the Father, so he who eats Me, he also will live because of Me. This is the bread which came down out of heaven; not as the fathers ate and died; he who eats this bread will live forever.”

These things He said in the synagogue as He taught in Capernaum. Therefore many of His disciples, when they heard this said,

“This is a difficult statement; who can listen to it?”

John 6:61-65

But Jesus, conscious that His disciples grumbled at this, said to them, “Does this cause you to stumble? What then if you see the Son of Man ascending to where He was before?”

It is the Spirit who gives life; the flesh profits nothing; the words that I have spoken to you are spirit and are life.

But there are some of you who do not believe.”

For Jesus knew from the beginning who they were who did not believe, and who it was that would betray Him.

And He was saying, “For this reason I have said to you, that no one can come to Me unless it has been granted him from the Father.”

John 6:66-71

As a result of this many of His disciples withdrew and were not walking with Him anymore. So Jesus said to the twelve,

“You do not want to go away also, do you?”

Simon Peter answered Him, “Lord, to whom shall we go?

You have words of eternal life. We have believed and have come to know that You are the Holy One of God.”

Jesus answered them, “Did I Myself not choose you, the twelve, and yet one of you is a devil?”

Now He meant Judas the son of Simon Iscariot, for he, one of the twelve, was going to betray Him.

Main Idea

Unless you take hold of, depend on, and live by the vicarious life and death of Christ, you will die.

The Only True Soul Food

What was Jesus' message?



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**I am the true food you need
for lasting life.**

John 6:51

I am the living bread that came down out of heaven;
if anyone eats of this bread, he will live forever.”

“The bread also which I will give for the life
of the world is My flesh.”

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“...and the Word **became flesh** and dwelled among
us.”

Jesus is speaking of Himself as the life-giving bread, and He has given Himself on behalf of the world.

John 6:57-58

As the living Father sent Me,
and I live because of the Father,
so he who eats Me, he also will live because of Me.
This is the bread which came down out of heaven;
not as the fathers ate and died;
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I am the true food you need for lasting life.

You must take hold of, depend on,
and live by My vicarious life and death.

Key Questions:

What did Jesus mean by His flesh and His blood?

What did Jesus mean by “eating” and “drinking”?

His flesh and His blood?

John 6:52-56

Then the Jews began to argue with one another, saying,
“How can this man give us His flesh to eat?”

So Jesus said to them, “Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in yourselves. He who eats My flesh and drinks My blood has eternal life, and I will raise him up on the last day.

For My flesh is true food, and My blood is true drink.

He who eats My flesh and drinks My blood abides in Me, and I in him.

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By His flesh and His blood, Jesus
meant His human life and His death;
and He emphasized both.

John 6:53-56

So Jesus said to them, “Truly, truly, I say to you, unless you

eat the **flesh** of the Son of Man **and** drink His **blood**, you have

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For **My flesh** is true food, **and My blood** is true drink.

He who eats **My flesh and** drinks **My blood**
abides in Me, and I in him.

He emphasized both because both were essential for the redemption of His people. If His death were all that was needed, He could have come on Good Friday.

What about eating and drinking?

John 6:53-56

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For My flesh is true food, and My blood is true drink.

He who eats My flesh and drinks My blood abides in Me, and I in him.

Just as Jesus emphasized His life
and death, so He emphasized the acts
of eating and drinking!

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He who **eats** My flesh **and drinks** My blood
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Jesus emphasized eating and drinking because they are essential acts for the maintenance of life and point to the essential, life-giving nature of Christ's life and death.

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Eating and drinking refer to our need
for a source of life *apart from ourselves*.

Eating and drinking are vivid representations of what it means to receive Christ and believe on Him.

This receiving and believing is taking hold of, depending on, and living by the vicarious life and death of Christ.

Living by?

John 6:56

He who eats My flesh and drinks My blood
abides in Me, and I in him.

Living by?

John 6:56

**He who eats My flesh and drinks My blood
abides in Me, and I in him.**

Abiding is “remaining in” and refers to a life of ongoing identification, connection, and dependence.

Vicarious life and death?

John 6:51

“I am the living bread that came down out of heaven;
if anyone eats of this bread, he will live forever;
and the bread also which I will give
for the life of the world is My flesh.”

Vicarious life and death?

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Vicarious life and death?

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Jesus lived and died *in the stead* of His people which means that His righteous life and His atoning death are credited to all who believe as their own!

What was Jesus' message?

I am the true food you need for lasting life.

You must take hold of, depend on, and live by My life and death and life.

**Your soul will not thrive or even
live without this food.**

John 6:57

“As the living Father sent Me, and I live because of the Father,
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John 6:55

For My flesh is true food,
and My blood is true drink.

The true food and true drink that Jesus gives is the only true soul food that results in true life, and *this* life is not just lasting life but also a thriving and abundant life.

The Only True Soul Food

What was Jesus' message?

What were the people's objections?



What were the people's objections?

Who are you to claim these things?

Not only was Jesus claiming to be greater than Moses, He was claiming to have come down from heaven, but they knew His family and origin -- or so they thought.

John 6:41-42

Therefore the Jews were grumbling about Him, because He said, “I am the bread that came down out of heaven.”

They were saying, “Is not this Jesus, the son of Joseph, whose father and mother we know? How does He now say, ‘I have come down out of heaven’?”

Mark 6:3

“Is not this the carpenter, the son of Mary, and brother of James and Joses and Judas and Simon? Are not His sisters here with us?”

And they took offense at Him.”

John 6:61-62

“Does *this* cause you to stumble?

What then if you see the Son of Man ascending to where He was before?”

Believing Jesus would have been a matter of great faith for these people!

What were the people's objections?

Who are you to claim these things?

How dare you say we have
no life in ourselves!

John 6:53

So Jesus said to them,

“Truly, truly, I say to you, unless you eat the flesh
of the Son of Man and drink His blood,

you have no life in yourselves.”

You have no life in yourselves
whereby you can *independently*
choose to come and live.

You are dead in your trespasses and sins!

(Ephesians 2:1)

John 6:65

“For this reason I have said to you that
no one can come to Me **unless** it has been
granted him from the Father.”

Independence from God is what the serpent held out to our first parents, and it is what humans have craved ever since their fall.

John 6:53

So Jesus said to them...

you have no life in yourselves.”

You have no life in yourselves whereby
you can “work the works of God.”

John 6:63

the flesh profits nothing

John 6:63

“It is the Spirit who gives life;

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“It is the Spirit who gives life;

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Romans 8:13

For if you are living according to the flesh,
you must die; but if by the Spirit you are putting
to death the deeds of the body, you will live.

What were the people's objections?

Who are you to claim these things?

How dare you say we have no life in ourselves!

What you are saying is offensive!

John 6:41

Therefore the Jews were grumbling about Him...

John 6:60-61

Therefore many of His disciples, when they heard this said,

“This is a difficult word; who can listen to it?”

But Jesus, conscious that His disciples grumbled at this, said to them, “Does this cause you to stumble?”

John 6:66

As a result of this **many of His disciples** withdrew and were not walking with Him anymore.

The people took offense at many aspects of Jesus' message, so they cancelled Him.

We ought not expect things to be different now.

1 Corinthians 1:18

For the word of the cross is foolishness
to those who are perishing.

2 Timothy 4:3

For the time will come when **they will not endure
sound doctrine**; but wanting to have their ears tickled,
they will accumulate for themselves teachers
in accordance to their own desires.

The Only True Soul Food

What was Jesus' message?

What were the people's objections?

What was Peter's confession?



What was Peter's confession?

You alone have the words of life.

John 6:66-69

As a result of this many of His disciples withdrew and were not walking with Him anymore. So Jesus said to the twelve,
“You do not want to go away also, do you?”

Simon Peter answered Him, “Lord, **to whom shall we go?**
You have words of eternal life.”

John 6:66-69

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John 6:66-69

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Simon Peter answered Him, "Lord, to whom shall we go?"

You have words of eternal life."

Peter, on behalf of the others, confessed faith in the *content* of what Jesus had been teaching.

This has been and continues to be the common confession of the Church: that Jesus' words are true and that His words are the only source of true and lasting life.

John 6:63

“It is the Spirit who gives life;
the flesh profits nothing;
the words that I have spoken to you
are spirit and are life.”

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“It is the Spirit who gives life;
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**the words that I have spoken to you
are spirit and are life.”**

The words are *from* the Spirit and used *by* the Spirit to bring about the generation of new and lasting life.

What was Peter's confession?

You alone have the words of life.

You are the Holy One of God!

John 6:68-69

Simon Peter answered Him,
“Lord...we have believed and have come to know that
You are the Holy One of God.”

This is a confession of faith in the identity of Jesus as the Messiah, the Christ, the One set apart by God from all eternity to redeem His people.

Matthew 16:16

Simon Peter answered,

“You are the Christ, the Son of the living God.”

This is the common confession upon which
Christ is building His Church!

Final Questions

What are you feeding on?

Are you feeding on Christ?

Are you taking hold of Him, depending on Him, and living by His words to you?

Are you content in Him?