

House Group and Individual Study | The “I am” sayings of Jesus

Week 2: Hungry? “I am the bread of life”

*John 6:22-59 * (Exodus 16:1-16; 1 Corinthians 11:23-32)*

1. Swedish bible study method

Begin by praying, asking God to speak through his word. Read each of the Bible passages above. It might help to read them slowly aloud. While reading, be on the lookout for three things:



Something that ‘shines’ from the passage—whatever impacts most, or draws attention.



Anything that is difficult to understand in the text, or a question you would like to ask the writer of the passage or the Lord.



Personal application for your life - what have I learned, what will I do about it?

2. Additional questions to help you think:

(i) In what way does God ‘feed us’? Have you experienced this?

(ii) Did the crowd understand what he was saying? Why or why not?

(iii) What does Jesus promise to those who come to him in faith for spiritual nourishment? (John 6:37-40)

(iv) How much time and energy do we give to giving Jesus the opportunity to meet our spiritual needs? How do we do this?

(v) How varied is our spiritual diet? e.g. just snacks, the occasional big meal, or a balanced diet. Meals alone, meals with others? Ask others what they do (we all struggle with this!)