



Key References:

John 6:25–40 (ESV) - When they found him on the other side of the sea, they said to him, “Rabbi, when did you come here?”²⁶ Jesus answered them, “Truly, truly, I say to you, you are seeking me, not because you saw signs, but because you ate your fill of the loaves.²⁷ Do not work for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you. For on him God the Father has set his seal.”²⁸ Then they said to him, “What must we do, to be doing the works of God?”²⁹ Jesus answered them, “This is the work of God, that you believe in him whom he has sent.”³⁰ So they said to him, “Then what sign do you do, that we may see and believe you? What work do you perform?”³¹ Our fathers ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’”³² Jesus then said to them, “Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven.³³ For the bread of God is he who comes down from heaven and gives life to the world.”³⁴ They said to him, “Sir, give us this bread always.”

³⁵ Jesus said to them, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.³⁶ But I said to you that you have seen me and yet do not believe.³⁷ All that the Father gives me will come to me, and whoever comes to me I will never cast out.³⁸ For I have come down from heaven, not to do my own will but the will of him who sent me.³⁹ And this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up on the last day.⁴⁰ For this is the will of my Father, that everyone who looks on the Son and believes in him should have eternal life, and I will raise him up on the last day.”

Charly, Alice & Jason shared their testimonies as they completed the Freedom Session course. **Do you remember what each one was about? Whose testimony did you resonate the most with? Have you ever thought about doing a course like Freedom Session?**

What makes for a great testimony?

1 – COMING TO JESUS...

Mark began his message by sharing how he first came to Jesus. **As simple as you can make it, what’s your story of coming to Jesus?**

John 6:25 recaps the story of a group of people seeking out Jesus. **What do you remember from Sunday about why they were seeking him out?**

2 – TO FULFILL A NEED

Read John 6:25-27. **How does Jesus expose the hidden intentions of why people come to him? What are some wrong ways that we can seek Jesus similar to this?**

Mark said; “*Whatever the reasons that we come to Jesus, he always wants to lead us into a deeper relationship.*” **How does Jesus’ to turn their question and answers with his real eternal purpose? How does Jesus turn your momentary needs into eternal lessons?**

3 – TO COMPLETE A WORK & SEE A SIGN

Read John 6:28-29. **Why did they ask Jesus this type of question? Why is Jesus answer so simple to them? How is Jesus’ answer of bigger impact than it sounds?**

Read John 6:30-33. **How does their next question show their intent in benefiting from Jesus’ miracles? How were they missing the point?**

How can we come to Jesus in a similar “missing the point” fashions?

4 – JESUS THE BREAD OF LIFE

Read John 6:35-40. **Why is Jesus calling himself the “bread of life” so significant in this chapter? What’s your favourite type of bread?**

If we often only look to Jesus to fulfil a temporary need, how are we missing out? How have you felt your hunger and thirst satisfied by Christ? Are their momentary questions that you need to put down to pick up the eternal?