

## 'I am the Bread of Life'

### John 6:25-51

Theme: Jesus is the bread of life. Jesus gives eternal life. Everyone who believes in Jesus will have eternal life.

**Background:** The day before, Jesus had fed a crowd of 5,000 people by multiplying five loaves of bread and two small fish and 12 baskets of food were left over. The people were so astonished to see this miracle that they wanted to take Jesus by force and make Him king. But Jesus left the crowd and later that night went with His disciples to the other side of the lake. Meanwhile the people kept searching for Him until they found Him.

**Introduction:** What basic needs are common to people all over the world? *Food, shelter, water, friendship...*

#### Read John 6: 25-40

**Jesus tells the disciples not to work for food which spoils, but for food that endures to eternal life.**

1. v28-29 What does Jesus say are the works that God requires? Is this what you would expect? Why/why not? *To believe in the one God has sent.*
  2. v35 How does Jesus describe himself? What is special about this type of 'bread'? *v32 The Father gives the true bread from Heaven. V35 "I am the bread of life" Whoever comes to Jesus will never go hungry or thirsty.*
  3. v37-40 What does Jesus say his purpose on earth is? *Come from heaven to do the will of the Father. Whoever comes to Jesus will not be turned away by him. V40 – Anyone who believes in the Son will be raised up at the last day and given eternal life.*
- What does this tell us about Jesus? *He knows the Father, he knows what the Father's will is and the Father has given authority to the Son.*

#### Read John 6:48-51

4. V48-51 How does Jesus contrast the 'bread from Heaven' and the 'Manna in the desert'? *Manna was a type of flat bread that God provided for his people when they were in the desert and had no other food. It kept them alive for 40 years until they reached their promised land. Their forefathers ate the manna which was good for their earthly life, but they died. Jesus calls himself the 'living bread which came from heaven'. V50 If a man eats of it he will not die.*
5. v51 "This bread is my flesh, which I will give for the life of the world." What did he mean by this? *He is offering his life as a sacrifice for all people so that they may have life. If we accept this bread – Jesus – then we will be given life. - What does it mean to 'eat' the bread of life? He does not mean we physically 'eat' Jesus, but in the same way that we eat bread, we totally accept it – we should do the same for Jesus – totally accept him and allow him into our lives.*
6. V50-51 What do these verses show us about Jesus and his care for people? *He is willing to sacrifice his own life so that we may have life – eternal life. If we accept Jesus then we can know God.*
7. In what ways will we not be hungry if we eat it? (v35). *Never be hungry or thirsty. We will be satisfied in Jesus. We will no longer have a spiritual thirst or hunger because Jesus meets our every need. He forgives our sins and brings us to God. {Can include personal testimony!}*

#### Vocabulary and Definition of terms

- (v.25) *Rabbi* 'wise teacher'
- (v.27) *Son of Man* was the term which Jesus used when speaking about Himself to show that He was God's servant sent to die for the human race.
- (v.27) *The Father* was the term which Jesus frequently used when speaking of God.
- (v.31) *Manna* was a food which God gave to the Hebrew people when they were wandering in the desert.
- (v.31) *forefathers* = ancestors
- (v.40) *the Last Day* was the term used for the day of judgment, the day when Jesus will return to earth.
- (v.45) *the Prophets*: a section of books in the Bible which were written by messengers of God (prophets)
- (v.51) *flesh*: the physical body and life.

## 'I am the Light of the World'

### John 8:12, 31-38

**Context:** Jesus is speaking to the Pharisees (religious leaders). Jesus is revealing himself to them through statements he is making about himself.

**Aim:** To understand that Jesus is the light of the world and can set us free from our slavery to sin.

#### A. Intro: What are the functions of light?

##### B. Read John 8:12

1. (vv12) What statement did Jesus make about himself? "I am the light of the world."
2. (v12) What did Jesus promise and who was the promise for? "Whoever follows me will never walk in darkness but will have the light of life"
3. What does it mean to walk in darkness? (*Hint: if stuck, consider physical darkness first, then think about spiritual darkness.*) In a dark room you can't see where you are or where you're going. You bump into things. It is dark until there is light. Jesus was God's light coming into the world to reveal God and his love to us. Spiritual darkness means you don't understand who God is and don't know the truth.
4. What do you think it means to have the light of life? Light drives away darkness. It is stronger than darkness. Jesus is stronger than all other powers on earth. Jesus can bring light to even the darkest life. Even when we face trials, the Christian can have joy in their heart because Jesus is there.  
Light also reveals – it can show the bad things in our life. Jesus can make us clean.  
Light is energy (think solar power, plants, heat). It brings life. The light of life that Jesus brings is stronger than death. Those who follow Jesus will also have life after death.

##### C. Read John 8:31-38

5. (v31-32) What statement does Jesus make about himself and his teaching in verses 31 and 32? If you obey Jesus' teaching then you are his disciples. Then you will know the truth and the truth will set you free.
6. (v33-34) The Pharisees don't understand that they need to be set free. How does Jesus explain it? Everyone that sins is a slave to sin. They cannot set themselves free from it in their own strength.
7. What is the difference between being a slave and a son? What privileges are there? Slaves have no choice. They are stuck. They cannot free themselves. They have a master and do what it tells them. Slaves have no will of their own. When sin is our master, we are unable to resist it. A son is free. He has privileges. He belongs to the family and has a permanent place there.
8. (v35-36) How can someone be set free from their slavery to sin? (Who is the 'Son'?) The Son who already belongs to the family can set the slave free.  
The Son is Jesus. The slave does not have power to set themselves free, but Jesus can set people free from sin.
10. In what ways might people today be 'slaves to sin'? Unable to stop themselves doing things they don't want to. (e.g. addictions). Want people to think they are good so lie about themselves. Gossip about others. Jealous of other people. "I can't help myself, it's just the way I am".
11. How can we be set free? When sin is our master, we are unable to resist it. But Christ has the power to overcome the power of sin. Once we come to Christ in repentance and receive forgiveness for sin, we are empowered by the Holy Spirit who comes to live within us. It is by His power that we are able to resist sinning and become children of God.

Note: Christians still struggle with sin, but it no longer has the same power over us. Because of Jesus, we are set free from these things. As we know God more and more, we find ourselves able to stand, in the power of the Holy Spirit, to resist sin.

## 'I am the gate; whoever enters through me will be saved.'

### John 10:9

#### John 10:1-10 — The Shepherd and His Flock (Part 1)

**Introduction:** What is a gate and what does a gate do?

- *A gate gives us access to something. We go through a gate to get to what is on the other side.*
- *A gate provides a way through a barrier- there is no other way to enter.*
- *A gate controls who can come in and who cannot.*

#### Read John 10:1-10

##### Definition of Terms

- **Sheep pen** (v1) A fenced area where sheep rested. It only had one entrance.
- **Shepherd** (v2) A person who looked after the sheep.

1. From the picture Jesus gives in v1-5, compare the thief and the shepherd:
  - a. How do they enter the sheep pen? *Thief climbs in but the shepherd walks through the gate.*
  - b. What is the relationship between the sheep and the shepherd? *The sheep know his voice. The shepherd knows them each by name.*
  - c. Compare this relationship to the thief. *They run away because they do not recognise his voice.*
2. Whom does Jesus mean when he talks about the sheep? *Those who follow and trust in him.*
3. According to this passage, what does a shepherd do for his sheep? *(V4 Goes on ahead of them, leads them.)etc.*
4. (v 1-7) How should a person get into the sheep pen? *Through the gate—the Shepherd. In a sheep pen in these times, the shepherd functioned as a gate, letting the sheep in and protecting them.*
5. (v10) What did the thief come to do? What did Jesus come to do? *Thief came to steal, kill and destroy. Jesus comes to give life – to the full. Thief is anyone against Jesus who tries to take the sheep away from the fold. (Distract, tempt etc people away from following Jesus.)*
6. (v7,9) How can someone become one of Jesus' sheep? *Enter through the gate – Jesus.*
7. (v 9-10) What are some of the privileges and blessings of belonging to Jesus' sheepfold? *Saved, find pasture, have life, life to the full. Protected. He knows every one that belongs to him by name and guides them. v9 Saved = Rescued from God's judgement by trusting in Jesus. We can only go to Heaven if we have no sin. We can be forgiven if we trust in Jesus and believe that he died to take away our sins.*
8. Why is it significant that Jesus calls himself the gate? What claim is he making about himself? *Jesus is the gate – the only way to God. But Jesus is God's son – why should we seek any other way? Think about introduction question- Jesus gives us access to something that we could not have otherwise got to ourselves. He makes it possible for us to come to God. He provides a way to get through the barrier of sin (could show bridge illustration).*
9. (v10) What is the full life that Jesus offers? *In contrast to the thief who takes life, Jesus gives life. The life he gives now is abundantly richer and fuller. It is eternal, yet begins immediately. We receive his overflowing forgiveness, love and guidance. Have you taken Christ's offer of life?*

# 'I am the good shepherd. The good shepherd lays down his life for his sheep.'

## John 10:11

### John 10:11-18 — The Shepherd and His Flock (Part 2)

#### Definition of Terms

**Shepherd** (v11) A person who looked after the sheep.

**Know** (v14) To know not only superficially but also personally, socially, emotionally and spiritually.

*(Theme: Jesus is the good shepherd, God's son, who lays down his life for his people, not because he was forced, but because he loves them.)*

#### Intro: Were you here last week? What do you remember from the study?

*The shepherd is someone who looked after his sheep, knew each of them by name and protected them. He came to give them life. If you stay with the shepherd, he will guide you and protect you from harm.*

Today we are continuing from this passage. Jesus is talking to the Jews and the religious leaders and revealing who he is and why he came to them.

#### Read John 10:11-18

1. Why do you think Jesus describes people as sheep? In what ways can people be like sheep?
2. (v11-14) What does Jesus say he would do for his sheep?
3. (v12-13) How is the hired hand different from the shepherd? *The hired hand does it for money; the shepherd for love. The shepherd owns the sheep and is committed to them. They don't save the sheep.*  
- Who do you think the hired men in this story are? *Something you put your trust in. They are not real shepherds. When trouble comes they run away. They are not committed to their people and do not love them – in comparison to Jesus who gave his own life for his people.*
5. (v14-15) How well does Jesus know his sheep? *As well as the Father knows the Son.*
6. (v15, 17-18) What is the relationship between Jesus and the Father? *They know each other – as One. He obeys the Father but also chooses to lay it down of his own accord.*
7. How does he have authority to 'lay his life down' and to 'take it up again'? What does he mean by laying down his life? *No-one killed Jesus without his consent. He chose to die for us. And he has the power to take it back again – to come back to life.*
8. What does this ability imply about him? What does this tell us about his death? *He has this ability because he is God. This means that God died for us. It means that God has the power of life and death.*
9. We might think it would be better for the sheep if the shepherd didn't die. How did the death of the good shepherd (Jesus) bring life to his sheep (people)? *There is no other way for us to get to God. Our sins deserve to be punished. Someone has to take that punishment – pay the debt. Jesus died for us to take our punishment so that we can go free.*
10. (v16) Who are the other sheep that are 'not in the sheep pen'? Do you think all people can come into the sheep pen? *V16 Those who listen to my voice. He speaks to all and invites all people, but only a few listen, follow and trust him. The 'other sheep' were non-Jews. Jesus came to die for the sins of the world.*
11. **Think:** Where is your security? What do you put your trust in? What do you really believe about Jesus?

## 'I Am the Resurrection and the Life'

### John 11 v 17-45

**Background:** Some people told Jesus that his friend Lazarus was very ill. Surprisingly, Jesus remained for two days longer in the place where he first heard this news. He then travelled to where Lazarus was but was told that his friend had already died.

*(Don't read this out! Theme: (v25) Jesus said to her, "I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die.")*

**Introduction:** Can you remember from our previous studies what other statements Jesus has made about himself?

**Read: John 11:17-45**

#### Definition of Terms/Words

- (v.17) *tomb* The place in which a dead body was laid. It was larger than a simple grave. It was usually used by the rich or important people in society.
  - (v.21) *Lord* another word for 'master' or 'ruler'
  - (v.24) *resurrection* the bringing back to physical life of a person who has died.
  - (v.24) *the resurrection at the last day:* The time when Jesus will return to earth and gather his followers together. This will be a time of great joy for believers because they will receive new bodies and be with Jesus in a deeper way than is possible now.
  - (v.27) *the Christ* the one chosen by God to be the deliverer / saviour / rescuer
1. (v25) What claim does Jesus make about himself in this passage? *I am the resurrection and the life. Whoever lives and believes in me will never die. Believe in Jesus and he will give you life after death. He has authority over death. This means he also has power to bring the dead to life. (Want proof? Look at the story today).*
  2. Jesus was told about Lazarus' illness days before. When he arrived, what did he find? How long had Lazarus been in the tomb? *Been dead for 4 days. (Definitely dead!) Jewish custom believed that the soul was with the body for three days after the death, but after that there was no hope of resuscitation and decay would begin.*
  3. How did Martha (Lazarus' sister) react when Jesus arrived? What did she believe about Jesus? *(v21) believed that Jesus could have stopped his death. Had faith that God will give him whatever he asks. Believed he will rise again at the last day (the end of the world). Finally, v27, she believed he is the Christ, sent from God.*
  4. How did Mary (Lazarus' other sister) react when she met Jesus? What did she believe about him? *Fell at his feet (respected him) and also believed that Jesus could have stopped his death.*  
- Read v37. Others felt the same. They had seen evidence of Jesus' power before.
  5. From verses 33-36, what do we know about how Jesus felt? What do you think he feels about death? *Deeply moved in spirit, troubled, wept.*

**Jesus goes to the tomb and tells the people to move the stone from the entrance. To begin with, they are unsure, because they are afraid there will be a bad smell from the dead body.**

6. (v40-42) What does Jesus want the people to learn from his actions? *If they believed, they would see the glory of God. Prayed – he was reliant on God the Father. Jesus' words have authority. He has power over death.*
7. (v43-44) How did Jesus raise Lazarus from the dead? *Words – commanded Lazarus to come out. Prayed to the Father. The women asked Jesus and put their trust in him.*  
(v45) How did the people respond? *Saw what Jesus did and put their faith in him.*

(- How do we know Lazarus' resurrection really happened? {Read John 12:1-2})

8. What is significant about Jesus' claim, 'I am the Resurrection and the Life', in light of Martha's previous understanding? *The life that Jesus gives is a present reality and not just a future promise!*
9. Apart from physical death, in what other way can a person be dead? What power does Jesus have over this kind of death? *The Bible says we are 'dead' in our sins. We are apart from God, who is life. We need our sins forgiven (taken away) in order to know God and be with him. Jesus has done this for us on the cross. If we trust in Jesus he gives us new life now! Although we still live in the flesh, we are given spiritual new life. Our earthly bodies will all die – even Lazarus died again. But we can have confidence that if we trust in Jesus, we will live with him for eternity.*
10. What kind of life does Jesus offer us? How do you receive this life?  
- *Mary and Martha's situation required a lot of faith in Jesus.*

## 'I am the Way, the Truth and the Life'

### John 14:1-14

**Background:** Jesus' public ministry and teaching was coming to an end. He knew his earthly life was soon to end and he was preparing His closest followers for the future. He had just told them that he would be betrayed by Judas and denied by Peter (two of his disciples). He also told them that He would soon leave them (return to Heaven) and that they could not immediately follow him.

#### Definition of Terms

- *Hearts* (v.1) In this context it does not mean physical organs, but it means people's innermost selves - their personalities, emotions, intellect etc.
- *My Father's house* (v.2) The place in Heaven where God is. The place which God is preparing as a home for all who have become His children through faith in Jesus.
- *The Son* (v.13) Jesus Himself, the Son of God who was sent into the world by the Father.
- *Glory* (v.13) praise and honour

#### Observation Questions

**Jesus has just told his disciples that he will soon die.**

1. (v.1) What did Jesus tell the disciples *not* to do? Why might they have felt like that? What did he tell them to do to calm their troubled hearts? *Not let their hearts be troubled. They may have been worried because Jesus was leaving them. Told them to trust in God and in Jesus.*
2. (v 2-3) What did Jesus promise them? How could they be sure His promise would come true? *Said he is going to prepare a place for them in his Father's house. This is a picture of eternal life with Jesus. He said he will go there and then come back to take us to be with him.*
3. (v 4-5) What did Thomas want to know? *How to get there! One of the most basic but important questions- how can we know the way to God?*
4. (v 6-7) How did Jesus answer Thomas' question? *Jesus is the way to God, the path to the Father. He is the truth, the reality of God's promises. He is the life, gives us life now and for eternity with him. Jesus is the only way to the Father. Seem too narrow? Actually it's wide enough for everyone to come through – if they would accept Jesus as the Son of God.*
5. (v 8) What did Philip ask Jesus to do? *To show them the Father.*
6. (v9-10) How did Jesus answer Philip's request? *He explained that to see Jesus is to see the Father. The search to know who God is, ends with Christ.*
7. (v 10-11) Why did Jesus expect His disciples to believe in Him? *The Father and Jesus are one. The words he speaks are from the Father. The work and miracles he has done have been through the Father.*
8. (v 12) What would those who have faith in Jesus be able to do? *Not saying we will do greater works than Jesus – but can continue the work of Jesus through the power of the Holy Spirit in different ways. Jesus' main work was for people to know God and live with him. We can continue this work by spreading the good news of Jesus.*
9. (v 13-14) What else did Jesus promise His disciples? *Can ask him for anything! But it is to bring glory to the Father. Ask for things in accordance to God's character and will. The more we know God, the more we know what his will is. We will become less selfish and wanting more to do what God wants.*
- 10.(v 13) What was the purpose of His promise? *So the Son can bring glory to the Father (see above).*

#### Discussion Questions

1. What does this passage say are the results of faith in Jesus Christ?
2. What did Jesus mean when He said, 'I am the way.....No-one comes to the Father except through Me'?
3. How is it possible to know about the life of Jesus Christ and His teachings and not really *know* Him?
4. Can you say that you *know* God? If so, how do you know Him? If not, what do you think you should do?

## 'I am the Alpha and the Omega'

### Revelation 21:1-8

*(Theme: Be full of hope, knowing that God is in control, Christ's victory is assured, and all who trust in him will be saved.)*

1. So far, we have learnt about things Jesus said about himself – **can you remember any of the statements?**

**Intro:** What do you think are people's greatest hopes? What do you think is the Christian's greatest hope? *Don't give any answers, just ask people what they think.*

**Background:** Revelation is a book written by John later on in his life. He had a vision from God about what is to come and wrote it down. It is a book of hope, about the future and when Jesus Christ will come again. But is also a book of warning and challenges us in the way we live today. The Bible speaks of Jesus returning as King over all of heaven and earth.

#### Read Revelation 21:1-8

NB: Jerusalem was a significant place where people used to go and worship God in the temple. The picture given in this passage shows a 'new Jerusalem', where God lives among his people.

2. What does this passage say will happen to heaven and earth? *The earth as we know it will not last forever, but after God's judgement he will create a new earth. The sea is gone as well – in John's time, it was seen as dangerous and changeable. It is a sign of no more danger or insecurity.*

3. What will it look like? How will it be different from the earth we live on now? *New Jerusalem – a place where God dwells/lives with his people. Described like a bride, finally prepared and brought together with her husband. No more death, mourning, crying or pain. 'The old order of things has passed away' – hard for us to imagine as this is all we have ever known! But it will be more wonderful than we can ever imagine.*

4. (v5,6) What statements are made by the one seated on the throne? *"I am making everything new", "These words are trustworthy and true", "It is done. I am the Alpha...etc."*

5. Who do you think the person on the throne is? *Jesus Christ, the King!*

6. What did he mean when he said 'It is done'? *He has finished God's plan of redeeming creation back to himself. All sin has been dealt with and people can be in a complete relationship with God. (Think picture of Bride. Think back to creation story and the problem of sin.)*

7. Why do you think he called himself the 'Alpha and Omega, the Beginning and the End'? *A-Z (first and last letters of the Greek alphabet), all in all, He is complete and sovereign. He was there at the beginning and will be there at the end... and ever after. There could be no higher metaphor for who he is - Only God could make that statement.*

8. (v6) What offer does he give? What does it mean? *"To him who is thirsty I will give to drink without cost from the spring of the water of life." Water of life is a symbol of eternal life. But you have to be 'thirsty' – i.e. you have to know your need and want it. You must come to Jesus and ask him. You cannot be saved by any other way.*

9. (v7) What promise does he give and for whom? *"He who overcomes will inherit all this, and I will be his God and he will be my son." Jesus says here that he is God! We can be his children! We can inherit a place with God. It is for those who 'overcome' – those who are victorious and endure to the end. They do not give up following Jesus Christ, even when it is hard. The Christian life was never the easy option, but it is always the best option!*

10. (v8) What warning does he give to other people? *People who live apart from God, they ignore him, they live their own way. 'Cowards' are fearful ones who abandon Christ over threats from others. They fear persecution so badly that they choose temporary safety over eternal life. The second death is spiritual death. It is permanent separation from*

*God.*

11. Not many people have murdered, not many practice magic arts, but many have lied! How is it possible for anyone to get to Heaven or be with God? (*i.e. what is the Christian message? What have you been learning from the previous studies?*) How have you responded to Jesus' invitation to eternal life?