Introduction: John 6 is a key chapter in the Gospel. It is the height of Jesus' popularity as great multitudes are following Him. Early in the chapter Jesus feeds 5,000 men with a few fish and loaves of bread. They acknowledge Him as the Prophet in verse 14. Verse 15 explains the crowd was about to come and try to make Jesus their king. At which time Jesus goes toward Capernaum. The next day the crowd follows and comes to Capernaum seeking Jesus. This gets us to a key teaching of Jesus. Often misunderstood. Jesus is not talking about transsubstanion or the Lord's Supper.

**A) Two Main Reasons People Follow Jesus v 26**

1. Physical blessings (bread)

2. Spiritual blessings

**B) Physical Blessings**

1. They wanted more bread, food, miracles to relieve physical ailments.

2. Jesus stresses to not seek that which perishes but that which endures to everlasting, **v. 27**

3. They want to know what works they need to do? **v. 28**

a. Jesus points out there is a work to be done, **v. 29**

b. Believing is a work.

4. What proof have you give us to believe you are the Son of God? **v. 30**

a. Apparently the bread did not qualify in this case.

b. Moses gave them bread but he was not the "Son of God". **v. 31**

5. Jesus points out the problem with their logic.

a. Moses did not give them bread but God did, **v. 32**

b. Jesus is talking about a different kind of "bread"

c. The manna came from God and was temporary, **vv. 27**

d. Those who ate it got hungry day by day and eventually they died, **v. 49**

\*\*\*Physical blessings are good but they are temporary and not comparable to spiritual blessings.

**C) Spiritual Blessings**

1. Endures to everlasting life, **27**

2. The bread is a "He" who came down from heaven, and He gives eternal life, **33, 58**

3. Jesus is the bread of heaven, **v. 35**

a. Never hunger or thirst/spiritually, all spiritual blessings are in Christ.

b. Those who believe will be raised up on the last day, **v. 38-40, 44**

4. Coming to Jesus requires teaching and learning, **v. 45**

5. Numerous times in this chapter Jesus stresses He came down from heaven.

6. Numerous times He stresses one must believe to be saved, **v. 47**

7. Contrast between the manna and the bread of heaven, **v. 49-50.**

8. One must take Jesus and take on His teachings and His example, **v. 51**

9. How can one eat of His flesh? **v. 52,** we must feed on Him, **v. 57.**

**D) Two Possible Ways**

1. Literally eat on His flesh. If so then everyone is lost.

2. Spiritually -- His sacrifice on the cross, His word gives life, **v. 63**

Conclusion: This was a hard teaching. Many left and followed Him no more. Why? They wanted physical blessings without obedience. We must obey His word in order to receive His blessings.