

4-22-2026 – I AM – part 1

The “I AM” statements of Jesus . . . only in John’s Gospel.

- People have different roles. Wife. Mother. Daughter. Sister. Work.
- We are all of those things at the same time.
 - o Jesus has multiple roles as well.
 - o Let’s know Him as more than Savior . . . the 7 “I AMs”

1 - I Am the Bread of Life (John 6:35)

- Jesus has just fed the 5000. 12 baskets of bread were left over.
 - o Jesus crosses to Capernaum. Next day – crowd looks for him

John 6 - “²⁵ When they found him on the other side of the lake, they asked him, “Rabbi, when did you get here?” ²⁶ Jesus answered, “Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill. ²⁷ Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.”

²⁸ Then they asked him, “What must we do to do the works God requires?”

²⁹ Jesus answered, “The work of God is this: to believe in the one he has sent.”

³⁰ So they asked him, “What sign then will you give that we may see it and believe you? What will you do? ³¹ Our ancestors ate the manna in the wilderness; as it is written: ‘He gave them bread from heaven to eat.’”

³² Jesus said to them, “Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. ³³ For the bread of God is the bread that comes down from heaven and gives life to the world.”

³⁴ “Sir,” they said, “always give us this bread.”

³⁵ Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. ³⁶ But as I told you, you have seen me and still you do not believe. . . .”

The **1st “I AM”** statement. But **not** the 1st time He said, “whoever drinks of the water I give them will never be thirsty” --- woman @ the well - John 4.

They bring up a sign – Manna; Jesus brings up God.

- **Moses didn't provide manna, God did.** We look to what is “seen”
 - o We also look to people/ meet our needs; Jesus says **look to God.**
- God's more than able to meet all our needs. Even manna (phys needs)

1 – Jesus is the **true bread** for spiritual needs.

If you are **searching** for a better life . . . a better way to live ... try Jesus!

- o [Matthew 5:6](#) – “**Blessed are those who hunger and thirst for righteousness, for they will be filled.**”

- What your **soul needs** won't be found in **worldly pursuits.**

2 - Jesus fills us with **what money can't buy.**

- There are going to be days we are weak; how do I get thru this?
- [Isaiah 55:2](#) – “Why spend money on that which is not bread, and your labor on that which does not satisfy? Listen carefully to Me, and eat what is good, and your soul will delight in the richest of foods.”
 - o No need for self-help books; **Jesus is the help.** Strength. Satisfy.

3 - Jesus' spiritual nourishment **satisfies what is lacking** in life.

At some point, we wonder - is this life **all there is?** Something more...

- o “**Man cannot live on bread alone.**” [Matt. 4:4.](#)
 - When you have found Jesus, no more searching. He is it!
- o Jesus is “**the bread of life.**” Whoever comes to Him “**will never hunger, whoever believes in Me will never thirst.**”

4 - He fills us **completely.** . . the spiritual thirst is quenched.

- [Psm 107:9](#) – “For He satisfies the thirsty & fills the hungry with good things.”
 - o The deeper we dive into knowing Jesus, the more satisfying He is.

5 - He is our **spiritual sustenance**... He gives us our **daily bread.**

- o [Exodus 16:4](#) - The LORD said to Moses, “Behold, I will rain down bread from heaven for you. Each day the people are to go out and gather enough for that day.”

- **Each day**, new mercies. Not a one time thing.
- Each day of life, Jesus will be **enough, whatever you need!**

- We have basic human needs . . . but our Spirit has a need, too.
 - It needs to know there's something more – eternal life.

³³ “For the bread of God is the bread that **comes down from heaven** and gives life to the world.” Jesus declared – “**I AM**” that bread of life.

Look at the rest of what Jesus said:

38 For I have **come down from heaven** not to do my will but to do the will of him who sent me. ³⁹ And this is the will of him who sent me, that I shall lose none of all those he has given me, but raise them up at the last day. ⁴⁰ For my Father's will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day.”

That statement **shocked** those listening . . . he's Jesus, the son of Joseph.

- We know him . . . “How can he now say ‘I came down from heaven’” ?
 - **If you only know Jesus as a man, you don't really know Him.**
 - He's the son of God, too. Part flesh, part divine. Man/God
 - He left Heaven, came down to us as the “**bread of life.**”
 - Our **eternal life** is **based on knowing** Him as our **bread.**

⁴⁹ Your ancestors ate the manna in the wilderness, yet they died. ⁵⁰ But here is the bread that comes down from heaven, which anyone may eat and not die. ⁵¹ I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world.”

- More **shocking** words! “How can he give us his flesh to eat?”
 - At that, many disciples turned back; no longer followed Him.
 - Jesus: leave, too? Peter: to who? You have the words/eternal life

Jesus - the bread of life; b/c His body was broken, ours can be whole.

. . . b/c His blood was poured out, we are purified. Redeemed.

- **Communion:** symbolic of His sacrifice.
- Reminder: Jesus is our spiritual nourishment & our eternal life.