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You Are What You Eat

John 6:51-59

I. The Preaching of Christ (v. 51)

- A. Eating is a _____ act if I am to derive any advantage from the bread (1 Pet. 2:2-3)

- B. Eating is preceded by _____; but those who are full are not hungry (Isa. 55:1-2)

- C. Eating demands not only the act of tasting but the act of _____ (Heb. 6:4-6)

- D. Eating implies the _____ that is consumed becomes part of who you are (Prov. 20:17; Jer. 15:16)

- E. Eating is an intensely _____ act, something no one else can do for me (Psa. 49:7)

II. The Perplexity of the Jews (v. 52)

- A. Unbelief never understands the _____ of salvation (Jn. 3:1-4; 4:13-15; 6:32-36)

- B. Unbelief is always _____ against itself (Jn. 9:16; 10:17-19; Mk. 3:25)

- C. Unbelief leads to the most _____ conclusions (Lev. 17:14; Matt. 26:26; Mk. 14:22; Lk. 22:19; 1 Cor. 11:24, 27)

III. The Point of the Sermon (vv. 53-59)

- A. The _____ atonement of Christ (vv. 53-55) [Heb. 9:22, 24-26]

- B. The _____ of the atonement of Christ (vv. 53-55) [Jn. 10:15; 17:9; 1 Jn. 2:1-2]

- C. The _____ of the atonement of Christ (vv. 56-57) [John 15:5; Gal. 2:20]

- D. The _____ impact of the atonement of Christ (v. 58)

- E. The _____ proclamation of the atonement of Christ (v. 59)

TAKE HOME

- Are you _____ for and are you truly eating of the bread of Christ?

- What does _____ with Christ on a daily basis look like in your life?

- How has the atonement of Christ enabled you to _____ in Him on a daily basis?

STUDY QUESTIONS

James 1:22 says, *“But be doers of the word, and not hearers only, deceiving yourselves.”* These questions are designed to help you apply today’s message to your life. We encourage you to thoughtfully answer these questions and discuss your answers with others. For more information about joining a Small Group that uses these questions as the basis for discussion, prayer, and accountability, please call the church office at (661) 259-2913.

1. Read John 6:51. Which one of the five connections between physical eating and spiritual growth were you the most encouraged or challenged by? Why?

2. Read John 6:52. Why couldn’t the Jews understand what Jesus was saying? How does John 3:1-4 and 4:13-15 show the same thing? How can we understand Christ’s words?

3. Do you think that John 6 is about instituting the ordinance of communion or about repenting and believing in Christ as the bread of life? Explain your answer. (Matt. 26:26; Mk. 14:22; Lk. 22:19; 1 Cor. 11:24, 27)

4. Read John 6:53-55. Define substitutionary atonement. How do these verses along with Heb. 9:24-26 teach this important doctrine?

5. Looking at these same verses, what do you believe is the extent of the atonement? For whom did Christ die? (Jn. 10:15; 17:9; 1 Jn. 2:1-2) Is there a way to agree to disagree civilly over this issue? Why or why not?

6. Read John 6:56-57. What do these verses teach is the effect of the atonement? How would you explain the fact that as a Christian you abide in Christ, but Christ also abides in you? (Jn. 15:5; Gal. 2:20)

7. Read John 6:58-59. How do the forever impact of the atonement and the public proclamation of this truth encourage you today?

8. Read the take home questions. Which one challenges you or encourages you the most? Why? How will you live your Christian life differently based on this passage?

*“Our sins are debts that none can pay but Christ.
It is not our tears, but His blood; it is not our sighs, but His sufferings,
that can testify for our sins. Christ must pay all, or we are prisoners forever.”*

- Puritan Thomas Brooks