

I Am the Bread of Life

The Seven I AM Statements in John · I Am Statements

After feeding the five thousand, Jesus declared Himself the true bread from heaven—the sustenance of eternal life. Just as physical bread sustains bodily life, Jesus sustains spiritual life. Unlike manna that sustained Israel temporarily in the wilderness, Jesus gives life eternally. Those who come to Him will never hunger; those who believe will never thirst. This statement emphasizes that Jesus alone satisfies the soul's deepest hunger and provides nourishment that endures to everlasting life.

Key Verses

John 6:35

And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

John 6:48-51

I am that bread of life. Your fathers did eat manna in the wilderness, and are dead. This is the bread which cometh down from heaven, that a man may eat thereof, and not die. I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.

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