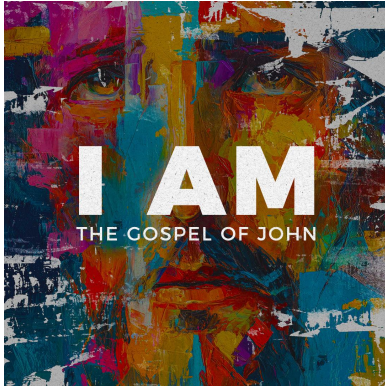


Title: Bread For The Journey

Series: I Am

Speaker: Sandy Hughes

Date: July 19, 2026



Key Texts: John 6:25-59, Deuteronomy 8:3

Introduction

After feeding the five thousand, Jesus confronts a crowd that is looking for another meal but missing their deepest need. Rather than offering temporary bread, He reveals himself as the Bread of Life, the only one who can truly satisfy the deepest hunger of the human heart. Through four searching questions – What are you really hungry for? Who will satisfy your hunger? What are you feeding on? Who are you becoming? Jesus invites us to look beyond our immediate desires and recognize that we are continually being shaped by what we consume. As we come to Him, remain in Him, and receive life from Him, He transforms us from the inside out.

Icebreaker

What is something that you've been spending a lot of your time, attention or energy on lately (i.e. a hobby, TV show, social media, work, a goal, or even a relationship)? Has it been life-giving, or have you found that it leaves you wanting something more?

Discussion Questions

1. Read **John 6:25-59** aloud. What stands out to you about the crowd's interaction with Jesus? What do they seem to be looking for, and how does Jesus redirect their attention?
2. Jesus declares, "I am the Bread of Life." What does this reveal about who Jesus is, and how does His invitation go beyond simply meeting people's physical needs?
3. Sandy mentioned that beneath our everyday desires is often a deeper spiritual hunger. We tend to confuse our deepest hunger with our most immediate appetite. Where have you experienced this to be true in your own life? What are some of the temporary "breads" people are tempted to rely on for meaning, security, or happiness? Why do you think these things are so appealing?

4. Read **Deuteronomy 8:3**. God's provision of manna wasn't just Him feeding His people; He was forming them. Their deepest need wasn't bread; it was trust. Sandy reminded us that Jesus invites us to look to the giver, not just the gift. Why do you think it's often easier to seek what God can give us than to simply seek God? Have you ever experienced a time when God was nudging you to seek Him and His presence, rather than His provision or a particular outcome?
5. Sandy said that "left unattended, our hearts rarely drift toward Jesus." Every day, our lives, desires, and imaginations are being formed. If we want them to be formed by Jesus, we must be intentional about turning to Him. What is one practical way this week that you can direct your heart and attention toward Jesus this week?
6. Sandy reminded us that familiarity with Jesus is not the same as intimacy with Jesus. Jesus doesn't just want us to follow at a distance or know about Him - His desire is for us to come to Him, remain in Him, and receive life from Him. Which of these invitations (coming, remaining, or receiving) stands out to you most right now, and why? How can our group be praying for you as you seek to turn to the giver of life?

Key Takeaways

- Every person has a deeper spiritual hunger that cannot be satisfied by temporary things.
- God's provision has always pointed beyond the gift to the Giver. Jesus offers himself as the Bread of Life.
- Following Jesus is not about trying harder, but about continually receiving life from Him. Jesus isn't criticizing ambition; He's exposing appetite.
- As we remain in Christ, His life increasingly shapes our character, desires, and actions.

Silence and Solitude

Spend some time meditating on Jesus' revelation of Himself in John 6:35 - "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty." As you do, consider what it could look like to seek Him, the Giver, more than any gift - desiring His presence above all else. Ask Jesus to fill you with a deeper hunger for Him. Ask Him to graciously reveal where you might be turning to for instant gratification, rather than finding true, deep satisfaction in Him. Confess your need for more of Him.