Reflection Questions

John 6:22-29

- The crowd searched for Jesus because they had eaten their fill of the loaves (v. 26). In what ways might I be seeking Jesus primarily for temporary benefits (comfort, provision, answers to prayer, community, or blessing) rather than for who He is?
- Jesus said they were not seeking Him because they saw the signs. What "signs" of God's work have I witnessed in my life, and how have they shaped (or failed to shape) my pursuit of Him?
- When I come to Jesus in prayer, worship, or Scripture, what am I most hoping to receive? How does that desire compare with the crowd's hunger for more bread?
- Jesus contrasts "food that spoils" with "food that endures to eternal life" (v. 27). What temporary "foods" (achievements, relationships, security, entertainment, approval) am I currently working hard to obtain?
- In what practical ways can I shift my energy from laboring for what perishes to seeking the lasting nourishment Jesus offers?
- How does the truth that the Son of Man gives the food that endures (rather than us earning it) change the way I approach spiritual growth or service?
- The people asked, "What must we do to do the works God requires?" Jesus answered that the work of God is to believe in the One He has sent (vv. 28-29). How does this redefine "doing the works of God" for me?
- What does genuine belief in Jesus look like in my daily life—beyond intellectual agreement?
- Are there areas where I am still trying to "work" my way to God's approval instead of resting in faith in Christ? What would it look like to release those efforts?
- If Jesus looked at my current patterns of seeking Him, what motive might He gently expose? How can I respond in repentance and renewed trust?
- What is one concrete step I can take this week to seek Jesus more for eternal life than for temporary satisfaction?
- How does this passage challenge or encourage the way I invite others to seek Jesus?