

REFLECTION *Questions*

JOHN 6:41-51

1. Life from the Father comes through the one from heaven (vv. 41-43, 51)
 - The crowd grumbled because Jesus claimed to be “the bread that came down from heaven,” while they only saw him as Joseph’s son. Where in your life do you struggle to accept Jesus’ full identity and origin from heaven?
 - How does Jesus’ heavenly origin change the way you view his words, his authority, and his ability to give life?
 - In what ways might familiarity with Jesus (or with church and Christian teaching) sometimes keep you from truly receiving him as the One who came down from heaven?
2. Life from the Father is a gift of divine grace (vv. 44-46)
 - Jesus says, “No one can come to me unless the Father who sent me draws them.” How does this truth shape your understanding of salvation—both your own and others’?
 - Reflect on your own coming to faith: In what ways can you see the Father’s drawing grace at work in your life?
 - What does it mean practically to live as someone who has been “taught by God” (v. 45)? How should this affect your humility, gratitude, and dependence on God?
3. Life from the Father is life now and forever (vv. 47, 49-50)
 - Jesus contrasts the manna that sustained physical life temporarily with the true bread that gives eternal life. Where are you still looking for lasting satisfaction in temporary things?
 - Verse 47 says the one who believes “has eternal life” (present tense). How does the reality of eternal life now shape the way you face ordinary days, struggles, or uncertainties?
 - What difference does it make to know that the life Jesus gives is both present and everlasting—never ending in death like the manna-eaters?
4. Life from the Father comes only through Jesus (vv. 48, 51)
 - Jesus repeatedly declares, “I am the bread of life” and “the living bread that came down from heaven.” What does it mean for you personally to “eat” this bread—to receive and feed on Christ?
 - Jesus says this bread is his flesh, given “for the life of the world.” How does the cross deepen your appreciation of the life the Father offers through the Son?
 - Are there any other sources of life, identity, or security you are tempted to rely on alongside (or instead of) Jesus? What would it look like to trust him alone as the only source of true life from the Father?

Which of these four truths do you most need to hear and embrace this week? Ask the Father to draw you more deeply to his Son, the living Bread, so that you may truly live—now and forever.

LIFE FROM THE *Father*

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Life from the Father is a gift of divine grace.

Life from the Father is life now and forever.

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