

The Great I AM

“I Am the Bread of Life”

Albert Fairweather

Almost every tribe and nation on earth has its unique form of bread! Bread has been called ‘The Staff of Life’, and without it life on earth would be a hard existence. So God provided various grains and other unique foods for the sustenance of the human race. In Africa it is mainly maize and millet, while Asia enjoys rice, and the West oats and wheat.

On two occasions Jesus fed a multitude of people from a few small loaves of bread! Israel’s bread was made from either barley or wheat. In John’s Gospel chapter 6, He took a small boys lunch of five barley buns, and fed over 5000 people. This miracle caused a great stir among the populace, and so the next day multitudes sought Him out. He challenged their motives, because He saw they were only following Him for the food. He told them not to labour only for food, but “for the food which endures to everlasting life”. To obtain this food, they needed to believe on Him whom God had sent into the world.

This is an age old problem, where many follow religion for ‘the loaves and fishes’, but not to really know who Jesus is, and to enjoy all that He can bring into their lives both now and forever.

The people asked Jesus for a sign – even though He had just fed them miraculously. They reminded Him that in the days of Moses, their fathers were fed with the miracle of Manna, a bread sent down daily from heaven. It was a small white round thing that rested on the dew each morning, and was very sweet to taste. It sustained several million people for 40 years during their wilderness journey in deserts.

The Jews murmured when Jesus said, “I am the bread which came down from heaven”, and “This is the bread that came down from heaven, that one may eat of it and not die”.

Our Lord Jesus Christ is both the bread of life and the giver of living water. Both these elements in a spiritual sense can satisfy our inner longings and meet our spiritual needs. We not only have a physical body, but God created us with a soul and inner spirit. When Adam sinned, his spiritual link with God was severed. Since then, the human race has largely cut itself adrift from all spiritual links with God, and Governments think that large sums of money spent on various programs can alleviate the world’s problems. But these fail in one major area, for they do not address and cannot meet the underlying spiritual need.

Only Jesus can do this, He who said, “**I am** the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst” (John 6:35).