

9. Jesus: I am the Bread of Life.

“Our fathers ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’ Jesus then said to them, ‘Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven. For the bread of God is he who comes down from heaven and gives life to the world.’ They said to him, ‘Sir, give us this bread always.’ Jesus said to them, ‘I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.’” (John 6:31–35)

God graciously gave the children of Israel their daily bread, which miraculously sustained them for forty years in the wilderness. This was well known to the listeners in Israel during the time of Christ. Jesus then uses this account of life in the wilderness to help His followers understand that He was the true bread. Only Jesus can satisfy our spiritual hunger for new life that is only found in Christ.

“You shall remember the whole way that the LORD your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments or not. And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD.” (Deuteronomy 8:2–3)

Bethlehem means “house of bread” in Hebrew (Beth–house, Lehem–bread).

Come Into His Presence with Singing

O Little Town of Bethlehem

1. O little town of Bethlehem
How still we see thee lie
Above thy deep and dreamless sleep
The silent stars go by
Yet in thy dark streets shineth
The everlasting Light
The hopes and fears of all the years
Are met in thee tonight

2. For Christ is born of Mary
And gathered all above
While mortals sleep, the angels keep
Their watch of wondering love
O morning stars together
Proclaim the holy birth
And praises sing to God the King
And Peace to men on earth

3. How silently, how silently
The wondrous gift is given!
So God imparts to human hearts
The blessings of His heaven.
No ear may hear His coming,
But in this world of sin,
Where meek souls will receive him still,
The dear Christ enters in.

4. O holy Child of Bethlehem
Descend to us, we pray
Cast out our sin and enter in
Be born to us today
We hear the Christmas angels
The great glad tidings tell
O come to us, abide with us
Our Lord Emmanuel.

Give Thanks unto Him

Thank you for our daily bread.

“Give us this day our daily bread.” (Matthew 6:11)

Thank you for sending us the bread of life from heaven so we may live forever.

“I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die.” (John 6:48–50)

Thank you for your body which was broken for us.

“As they were eating, Jesus took bread, and after blessing it broke it and gave it to the disciples, and said, ‘Take, eat; this is my body.’” (Matthew 26:26)

Thank you for giving us life, in Jesus.

“In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through him, and without him was not any thing made that was made. **In him was life.**” (John 1:1–4)

Bless His Name: Jesus the Bread of Life

“The bread of God is he who comes down from heaven and gives life to the world.” (John 6:33)

“Jesus said to them, ‘I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.’” (John 6:35)

“I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. And the bread that I will give for the life of the world is My flesh.” (John 6:51)