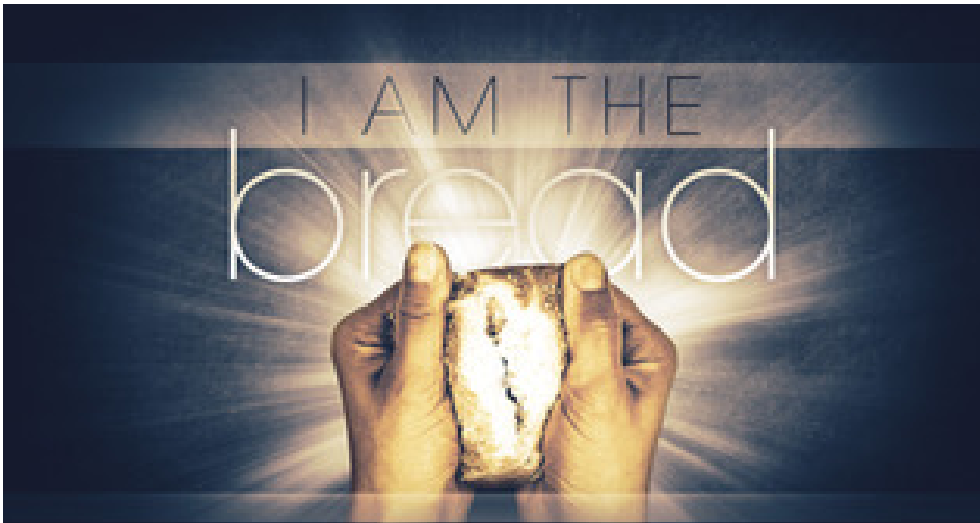


WEEK OF JUNE 28, 2026

**5-Day Devotional
based on Sunday's message:**



I Am the Bread of Life
John 6:22-71

Provided by



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John 6: 22-71 (NLT)

The next day the crowd that had stayed on the far shore saw that the disciples had taken the only boat, and they realized Jesus had not gone with them. Several boats from Tiberias landed near the place where the Lord had blessed the bread and the people had eaten. ²⁴ So when the crowd saw that neither Jesus nor his disciples were there, they got into the boats and went across to Capernaum to look for him. They found him on the other side of the lake and asked, “Rabbi, when did you get here?”

Jesus replied, “I tell you the truth, you want to be with me because I fed you, not because you understood the miraculous signs. But don’t be so concerned about perishable things like food. Spend your energy seeking the eternal life that the Son of Man^[a] can give you. For God the Father has given me the seal of his approval.”

They replied, “We want to perform God’s works, too. What should we do?”

Jesus told them, “This is the only work God wants from you: Believe in the one he has sent.”

They answered, “Show us a miraculous sign if you want us to believe in you. What can you do? After all, our ancestors ate manna while they journeyed through the wilderness! The Scriptures say, ‘Moses gave them bread from heaven to eat.’”

Jesus said, “I tell you the truth, Moses didn’t give you bread from heaven. My Father did. And now he offers you the true bread from heaven. The true bread of God is the one who comes down from heaven and gives life to the world.”

“Sir,” they said, “give us that bread every day.”

Jesus replied, “I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty. But you haven’t believed in me even though you have seen me. However, those the Father has given me will come to me, and I will never reject them. For I have come down from heaven to do the will of God who sent me, not to do my own will. And this is the will of God, that I should not lose even one of all those he has given me, but that I should raise them up at the last day. For it is my Father’s will that all who see his Son and believe in him should have eternal life. I will raise them up at the last day.”

Then the people began to murmur in disagreement because he had said, “I am the bread that came down from heaven.” They said, “Isn’t this Jesus, the son of Joseph? We know his father and mother. How can he say, ‘I came down from heaven’?”

But Jesus replied, “Stop complaining about what I said. For no one can come to me unless the Father who sent me draws them to me, and at the last day I will raise them up. As it is written in the Scriptures, ‘They will all be taught by God.’ Everyone who listens to the Father and learns from him comes to me. (Not that anyone has ever seen the Father; only I, who was sent from God, have seen him.)

“I tell you the truth, anyone who believes has eternal life. Yes, I am the bread of life! Your ancestors ate manna in the wilderness, but they all died. Anyone who eats the bread from heaven, however, will never die. I am the living bread that came down from heaven. Anyone who eats this bread will live forever; and this bread, which I will offer so the world may live, is my flesh.”

Then the people began arguing with each other about what he meant. “How can this man give us his flesh to eat?” they asked.

So Jesus said again, “I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you cannot have eternal life within you. But anyone who eats my flesh and drinks my blood has eternal life, and I will raise that person at the last day. For my flesh is true food, and my blood is true drink. Anyone who eats my flesh and drinks my blood remains in me, and I in him. I live because of the living Father who sent me; in the same way, anyone who feeds on me will live because of me. I am the true bread that came down from heaven. Anyone who eats this bread will not die as your ancestors did (even though they ate the manna) but will live forever.”

He said these things while he was teaching in the synagogue in Capernaum.

Many of his disciples said, “This is very hard to understand. How can anyone accept it?”

Jesus was aware that his disciples were complaining, so he said to them, “Does this offend you? Then what will you think if you see the Son of Man ascend to heaven again? The Spirit alone gives eternal life. Human effort accomplishes nothing. And the very words I have spoken to you are spirit and life. But some of you do not believe me.” (For Jesus knew from the beginning which ones didn’t believe, and he knew who would betray him.) Then he said, “That is why I said that people can’t come to me unless the Father gives them to me.”

At this point many of his disciples turned away and deserted him. Then Jesus turned to the Twelve and asked, “Are you also going to leave?”

Simon Peter replied, “Lord, to whom would we go? You have the words that give eternal life. We believe, and we know you are the Holy One of God.”

Then Jesus said, “I chose the twelve of you, but one is a devil.” He was speaking of Judas, son of Simon Iscariot, one of the Twelve, who would later betray him.

Day 1: Why Am I Seeking Jesus?

Devotional

At first glance, the crowd's determination seems admirable. After witnessing Jesus feed more than five thousand people, they crossed the lake searching for Him. Many of us would assume their pursuit reflected genuine faith.

Jesus saw something deeper.

Instead of answering their question about when He arrived, Jesus exposed the reason they were looking for Him. They weren't seeking Him because they understood who He was. They were hoping for another meal, another miracle, another problem solved.

The miracle had captured their attention, but they missed what it was pointing toward.

It's easy to think we would have responded differently, yet our hearts can drift in the same direction. We often come to Jesus because we need wisdom, healing, provision, or peace. None of those desires are wrong. In fact, Scripture invites us to bring every need to Him.

But God's gifts are never meant to replace God Himself.

Every answered prayer, every act of provision, and every blessing is an invitation to know Christ more deeply. His greatest desire is not simply to meet our needs, but to draw us into a closer relationship with Him.

Today, before asking Jesus for anything else, simply spend time enjoying His presence. Let your greatest desire be not merely what He can do for you, but who He is.

Bible Verse

“I tell you the truth, you want to be with me because I fed you, not because you understood the miraculous signs.”

—John 6:26 (NLT)

Reflection Questions

- 1.1. What most often motivates me to seek Jesus—His gifts, or Jesus Himself?
2. How can I intentionally spend time enjoying Christ today, even before bringing Him my requests?

Today's Practice

Before you pray about your needs today, spend five uninterrupted minutes simply thanking Jesus for who He is and enjoying His presence.

Prayer

Lord Jesus,

Thank You for caring about every need I bring to You. Forgive me for the times I have focused more on Your blessings than on knowing You. Shape my heart so that my greatest desire is not simply what You can do for me, but a deeper relationship with You. Help me follow every blessing back to the Giver.

Amen.

Day 2: The Bread of Life

Devotional

The crowd came looking for another meal.

After witnessing Jesus feed more than five thousand people, they hoped He would do it again. They were thinking about bread for today. Jesus was offering something infinitely greater.

“I am the Bread of Life.”

With those words, Jesus shifted the conversation from what He could provide to who He is.

Throughout Israel’s history, God had faithfully provided bread. He sent manna in the wilderness so His people could survive another day. But every person who ate that manna eventually became hungry again, and every one of them eventually died.

Jesus came to offer something the manna never could.

He didn’t come merely to improve our lives or meet our immediate needs. He came to give us Himself. Through Him we receive forgiveness, reconciliation with God, and the promise of eternal life.

That doesn’t mean we’ll never experience physical hunger, disappointment, or hardship. It means our deepest need has already been met in Christ. The One our souls truly long for has come.

Every other source of satisfaction eventually runs dry. Success fades. Possessions wear out. Experiences become memories. Even God’s earthly blessings are temporary.

Jesus alone is eternal.

The more we know Him, the more we discover that He isn’t simply the Giver of life—He is our life.

Bible Verse

“I am the Bread of Life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.”

—John 6:35 (NLT)

Reflection Questions

1.1. Where am I tempted to look for lasting satisfaction apart from Jesus?

2. How does knowing that Jesus Himself is God’s greatest gift change the way I view His other blessings?

Today's Practice

Before each meal today, pause for a moment and thank Jesus for being the Bread of Life who satisfies your deepest need.

Prayer

Lord Jesus,

Thank You for being the Bread of Life. Too often I look for lasting satisfaction in temporary things. Remind me today that nothing compares with knowing You. Help me treasure You above every earthly blessing and find my deepest joy in walking with You.

Amen.

Day 3: Don't Stop at the Sign

Devotional

The people listening to Jesus struggled with His words.

Instead of asking what He meant, many became fixated on what they could not understand. They knew His family. They knew where He had grown up. They couldn't see how He could possibly be the One sent from heaven.

Once again, they stopped at what they could see instead of following where Jesus was leading them.

The same temptation exists for us.

God blesses us in countless ways. He answers prayers. He provides for our needs. He opens doors we never expected. He comforts us during difficult seasons. These are all wonderful gifts of His grace.

But every one of those blessings is meant to point beyond itself.

An answered prayer reminds us that God hears His children. His provision reminds us that He is faithful. His comfort reminds us that He is near. His guidance reminds us that He is leading us. The blessing is never the final destination.

If we stop at the blessing, we miss the deeper invitation. Every gift from God is calling us to know the Giver more intimately, trust Him more completely, and worship Him more fully.

Jesus did not come merely to improve our circumstances. He came to bring us into a living relationship with Himself.

So when you recognize God's hand in your life today, don't simply celebrate what He has done. Follow the sign to Jesus.

Bible Verse

“I am the living bread that came down from heaven. Anyone who eats this bread will live forever; and this bread, which I will offer so the world may live, is my flesh.”

—John 6:51 (NLT)

Reflection Questions

- 1.1. What blessing from God have I been especially thankful for recently?
2. How can that blessing become an opportunity to know and worship Christ more deeply?

Today's Practice

When you notice a blessing today—big or small—pause before moving on. Thank God for the gift, then spend another minute thanking Him simply for who He is.

Prayer

Father,
Thank You for Your constant kindness and care. Every good gift I receive comes from Your loving hand. Help me never become so focused on Your blessings that I lose sight of You. Teach me to let every answered prayer, every provision, and every act of Your grace draw me into a deeper love for Jesus. Amen.

Day 4: Depending on Jesus

Devotional

When Jesus spoke about eating His flesh and drinking His blood, many people were confused. They took His words literally and couldn't understand what He meant.

Jesus was inviting them to something much deeper.

Throughout this chapter, He has been calling people to come to Him, believe in Him, and receive Him completely. Just as bread becomes part of our daily lives through eating, Jesus was teaching that faith is more than agreeing with facts about Him. It is trusting Him so completely that our lives are shaped by His life.

His words also point us forward to the cross.

Jesus would willingly give His body and pour out His blood so that our sins could be forgiven. The Bread of Life would lay down His life so that we could receive eternal life.

This is the heart of the gospel.

We are not saved by trying harder or becoming more religious. We are saved because Jesus gave Himself for us, and we receive that gift by faith.

That same dependence doesn't end when we become Christians. Every day we continue to rely on Christ. We look to His Word for truth, His Spirit for strength, and His grace for everything we need.

The Christian life isn't lived by occasional moments of inspiration.

It is lived through daily dependence on Jesus.

Bible Verse

"Anyone who eats my flesh and drinks my blood has eternal life, and I will raise that person at the last day."

—John 6:54 (NLT)

Reflection Questions

1. In what area of my life am I relying most on my own strength instead of depending on Christ?
2. What would it look like today to trust Jesus more completely in that area?

Today's Practice

Before beginning your daily responsibilities, surrender one specific burden, decision, or worry to Jesus. Tell Him you are choosing to depend on Him rather than carrying it alone.

Prayer

Lord Jesus,

Thank You for giving Your life so that I could have eternal life. Forgive me for the times I rely on my own wisdom and strength instead of depending on You. Teach me to trust You each day, drawing my strength from Your Word, Your Spirit, and Your unfailing grace. May my life reflect a growing dependence on You.

Amen.

Day 5: To Whom Shall We Go?

Devotional

By the end of John 6, the excitement had faded.

Thousands had gathered to witness an extraordinary miracle. They eagerly followed Jesus across the lake, hoping for more bread and more signs. But when Jesus called them to trust Him—not merely admire His miracles—many decided they had heard enough.

John tells us that many of His disciples turned away and no longer followed Him.

Then Jesus looked at the Twelve and asked a deeply personal question:
“Are you also going to leave?”

Peter answered with words that have encouraged believers for centuries:
“Lord, to whom would we go? You have the words that give eternal life.”

Peter didn’t claim to understand everything Jesus had said. There were still questions. There were still mysteries. But Peter knew one thing with absolute certainty: no one else could offer what Jesus offered.

There was nowhere else to go.

We face that same choice today. Following Jesus isn’t always easy. There are seasons when His plans don’t make sense, when faith requires patience, or when obedience is costly. In those moments, we’re reminded that Christianity is not built on circumstances or feelings. It is built on a Person.

Jesus alone has the words of eternal life.

As we’ve seen throughout this week’s readings, every miracle, every blessing, every answered prayer, and every act of God’s provision points us to Him. They are signs along the journey. But the destination has always been Jesus.

Bible Verse

Simon Peter replied,

“Lord, to whom would we go? You have the words that give eternal life. We believe, and we know You are the Holy One of God.”

—John 6:68–69 (NLT)

Reflection Questions

1. When following Jesus becomes difficult, where am I most tempted to look for hope, comfort, or direction instead of Him?
2. How has this week's study of John 6 helped me see Jesus more clearly as the true destination of my faith?

Today's Practice

Read John 6:68–69 aloud as your own prayer today. Then thank Jesus that, whatever circumstances may change, He alone has the words of eternal life.

Prayer

Lord Jesus,

You alone have the words of eternal life. Thank You for revealing Yourself to me and for inviting me into a relationship with You. When my faith is tested, strengthen my trust. When I am tempted to look elsewhere for hope or satisfaction, remind me that You are enough.

Help me never to stop at Your blessings, but always to follow them back to You. May my life continually declare, "Lord, to whom would we go? You have the words that give eternal life."
Amen.

Bible Verse

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Amen.