

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 ESV

Later on, Jesus said, “Whoever feeds on my flesh and drinks my blood has eternal life, and I will raise him up on the last day.” (v54) **This was shocking and offensive to His hearers.**

These people were evidently on their way to Jerusalem to celebrate the Passover; a Jewish festival where the worshipers not only sacrificed but partook of the slain lamb, in **remembrance of God’s deliverance. He had saved them from the Egyptians and set them free** from a life of slavery. Jesus was to become the Passover Lamb, slain for this sins of the world. His sacrifice would provide the way for people to receive forgiveness of their sins, past, present and future, freedom from bondage and deliverance from eternal judgment.

In saying we must eat his flesh and drink his blood, Jesus is not saying we must resort to cannibalism, but that we need to receive Him as Saviour, receive His sacrifice for our sins and become one with Him. Life, eternal life, is only found in embracing Jesus and what He did for **us. This is true at salvation and throughout our Christian lives. We do not ‘outgrow’ His** sacrifice for us. His grace is what saves us and what sustains us on our journey in this life on earth, as we anticipate His return.

Is the sacrifice of Jesus a daily reality to you?

- 1) What does this passage teach us about God? How does it apply to you?
- 2) Do you rely on the grace of God and his Holy Spirit to help you live a holy life that is pleasing to Him?
- 3) How can you share this reality with others?

Based on today's reading, what is one thing God is saying to you?