

## JESUS ALONE SATISFIES OUR SOULS

### John 6:22-35

Many people are focused only on getting what they think they want in this life. Many also think they can please God in their own efforts. But Jesus is the only One who truly satisfies our soul. In order to please God we must believe in His Son Jesus.

#### **1. BECAUSE BELIEVING IN JESUS IS GOD'S TRUE FOOD OF THE SOUL – John 6:22-27**

- The crowd follows Jesus after being fed and want Him to keep on feeding them. The crowd *“had not reflected on the spiritual significance of the sign they had seen....they were moved not by full hearts, but by full bellies.”* – Leon Morris, John. The crowd only wants their earthly needs met and they want Jesus to keep on giving them food. They have a materialistic and selfish attitude.
- Jesus contrasts the food that spoils with the food that lasts. There is a wrong type of food. It is *“the food that spoils.”* It includes physical food, but applies to everything that the world has to offer – 1 John 2:15-17. This includes all the fleeting pleasures of this life – Hebrews 11:24-26.
- We live in a world gone crazy with feeding our needs all they want: money, power, success, control, sexual pleasure, etc. But we are never able to fully find satisfaction or *“happiness.”* Nothing in this world can give us ultimate significance or satisfaction – Mark 8:36.
- Only Jesus gives us the food that endures to eternal life. He is the One who has the seal of approval from the Father. The seal of God is seen on Jesus' coming into our world, at His baptism, and now continually in His ministry – John 5:36. Jesus is the only God-authorized source of life. Eternal life is a new kind of life that begins now with faith in Jesus and extends through death into eternity. Right now we enjoy peace with God, and communion with God as our Father. We have contentment in Jesus. *‘The deepest human need is not met by a something, but by a Someone, and that Someone is Jesus.’* – Mark Johnston.

#### **2. BECAUSE BELIEVING IN JESUS IS GOD'S TRUE WORK – John 6:28-29**

- Jesus warned the crowd not to labor for the food that perishes. Now the crowd wants to know what works or labor they should do. What works should they do to please God? What necessary actions does God require? This is the attitude of many today who think they can do good things to merit heaven, and whose motto is *“God helps those who help themselves.”*
- *“The human mind is always flattered when it is conscious of doing something for God. What is more, for his doings man considers himself entitled to a reward. How pleased we should all be if we could only earn salvation! In that case we would have succeeded in bringing God into the humbling position of being in debt to us, and we would love it. But this is not the way of salvation.”* – James Montgomery Boice, John.
- The work Jesus says the crowd must do is to believe in HIM! – 1 John 3:23. What God requires is for everyone to believe in His Son, Jesus. This is what Paul also preached – Acts 16:31; Galatians 2:16. We are saved by grace alone through faith alone in Christ alone – Ephesians 2:8-10. But we are not saved by a faith that is alone. True faith works.
- *“Does this mean that there is no place for works in the Christian life? Not at all!... Jesus saves us by faith alone, but that faith goes on to do good works; good works validate our profession of faith. Without a changed life, our profession of faith is called into question. So faith is the*

*source of all our good works. God calls us to believe in order to receive eternal life; having thus received eternal life, we will inevitably go on to do good works – not in order to be saved but because we are saved.” – Richard Phillips, John.*

### **3. BECAUSE BELIEVING IN JESUS IS THE TRUE BREAD (MANNA) FROM GOD – John 6:30-35**

- The crowd was seeing but not believing. Although they had eaten of the loaves in the feeding of the 5,000, they wanted Jesus to do another sign to prove He was the One sent from God. Unbelief is never satisfied – Matthew 12:39. They wanted Jesus to prove His credentials and keep on giving them bread every day like Moses. The return of manna from heaven was a common Jewish expectation when Messiah came. Jesus corrects them by telling them that the manna did not come from Moses, but it came from God – Exodus 16:4; Psalm 78:24,25; 105:40. They missed the point of the manna was for His people to see God would someday make a perfect and never-ending provision for His people – True Bread. Manna pointed to the True Bread of God’s Word – Deuteronomy 8:3.
- Jesus tells them that His Father is giving the True Bread out of heaven. True Bread satisfies the soul and meets our spiritual needs. This is spiritual bread, food for the soul, life given by God and sustained by God. The True Bread is Jesus Himself who gives eternal life. He is infinitely superior to Moses. They are confused and want this physical bread, missing the whole point. So Jesus declares clearly “I AM the Bread of Life.” – verse 35. This is the first of seven great “I AM” statements by Jesus. Jesus purposely links Himself with the LORD of the Old Testament – Exodus 3:14; John 8:58. He who comes to Jesus, who believes in Jesus, will never be hungry or thirsty again spiritually – Matthew 5:6; John 4:14; 7:37,38. Jesus is the answer to the ultimate needs of the human heart. This is important in our world today where people have tried everything to fill the emptiness of their hearts to no avail. No one else compares to Jesus!

#### Concluding Applications:

- Who or what are seeking? If it is not Jesus, it will never bring fulfillment.
- Is Jesus your daily Bread? Are you feeding on Him in His Word, the Bible?
- Are you rejoicing in Jesus and seeking to share Him with others? – “Be one beggar telling another where to find bread?”