

## John 6:51-58 (NIV)

<sup>51</sup> I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world.”

<sup>52</sup> Then the Jews began to argue sharply among themselves, “How can this man give us his flesh to eat?” <sup>53</sup> Jesus said to them, “Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you.

<sup>54</sup> Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. <sup>55</sup> For my flesh is real food and my blood is real drink.

<sup>56</sup> Whoever eats my flesh and drinks my blood remains in me, and I in them.

<sup>57</sup> Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me. <sup>58</sup> This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever.”

The following questions are for personal and or group reflection.

1. Observation for reflection- What word or phrase is the Spirit prompting in my heart? What word or phrase says, "I am for you today"?
2. Interpretation- What does the word or phrase mean that the Spirit is giving me?
3. Application- What is the word or phrase calling me to be or to do?