

John 6:56-69

⁵⁶ Whoever eats my flesh and drinks my blood remains in me, and I in them. ⁵⁷ 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. ⁵⁸ This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever.” ⁵⁹ He said this while teaching in the synagogue in Capernaum. ⁶⁰ On hearing it, many of his disciples said, “This is a hard teaching. Who can accept it?” ⁶¹ Aware that his disciples were grumbling about this, Jesus said to them, “Does this offend you? ⁶² Then what if you see the Son of Man ascend to where he was before! ⁶³ The Spirit gives life; the flesh counts for nothing. The words I have spoken to you—they are full of the Spirit and life. ⁶⁴ Yet there are some of you who do not believe.” For Jesus had known from the beginning which of them did not believe and who would betray him. ⁶⁵ He went on to say, “This is why I told you that no one can come to me unless the Father has enabled them.” ⁶⁶ From this time many of his disciples turned back and no longer followed him. ⁶⁷ “You do not want to leave too, do you?” Jesus asked the Twelve. ⁶⁸ Simon Peter answered him, “Lord, to whom shall we go? You have the words of eternal life. ⁶⁹ We have come to believe and to know that you are the Holy One of God.”

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?