Introduction:
1. We all know the importance of having physical nourishment.
2. We can be spiritually hungry and not realize it. Jesus gives us spiritual nourishment.

Proposition: Jesus is our source of spiritual nourishment.
Interrogative: How is Jesus our spiritual nourishment?
Transition: Jesus is able to nourish us spiritually because...

I. HE IS THE TRUE MANNA
   A. COMPARED TO THE FIVE LOAVES AND TWO FISH -6:1-14
      1. The multitude sought Jesus because they were filled with bread –6:26
      2. Jesus elevates their thinking -6:27
         a. Labor for the food which endures to everlasting life.
         b. The seal – God commissioned Jesus as the Messiah.
   B. COMPARED TO THE MANNA OF OLD
      1. The physical manna – Ex 16
         a. They were to gather one omer (about 3 pints) per person per day.
         b. On the sixth day they were to gather twice as much.
      2. This bread perishes -6:27, 49-50
      3. Jesus is the Living Bread – 6:51

II. HE IS THE TRUE SATISFACTION
   A. JESUS IS THE BREAD OF LIFE
      1. No one hungers or thirst who believes in Him -6:35
   B. SOME REJECT JESUS AS THE BREAD OF LIFE
      1. Some question, “Isn’t this Joseph’s son?” -6:42
      2. The Father draws them to Him -6:43-44
         a. This does not support “irresistible grace”.
         b. Man is called by the gospel -2Th 2:14. Man is taught by the word –Ro 10:17
      3. Man is taught by God -6:45
         a. The Jews were God’s people by birth.
         b. God’s people (Christians) are taught first then born again.

III. HE IS THE TRUE FEAST -6:51-58
   A. THE JEWS MISUNDERSTAND -6:52
      1. Eating flesh & drinking blood were offensive to the Jews
      2. Life is in the blood –Le 17:11
      3. Incident in the days of King Saul -1Sa 14
B. THE MEANING
1. His flesh is given for man upon the cross - 1Co 15:3-4
2. Feasting on His word, having faith in Him, and obedience to His will

Conclusion:
1. Many disciples could not understand and followed Him no more - 6:66-69
2. What is our answer today?