

## Sermon: Choose Life

Text: John 6:60-71

### Discussion Questions:

Our human nature seems to compel us to worry. For some folks, worrying comes as naturally as breathing. We worry about today. We worry about tomorrow. We worry about things that happened yesterday. We worry about what might happen. We worry about what might not happen. We worry about money. We worry about the safety of people we love. We worry about how things will turn out. We worry about health. We worry about upcoming challenges and tests. We worry about world events. We worry that things just won't go the way we want them to. There is an endless supply of things to worry about.

- Rate yourself on a scale of 1-10—with 1 being "*Hakuna Matata—I Don't Have a Worry in the World!*"; and 10 being "*I'm Worried That I'm Not Worried Enough!*"
- Dig a little deeper—why do you think you worry as much (or as little) as you do?
- Do we learn worrying from others? Were your parents worriers...making you more of a worrier?
- What is the opposite of worry?
- Do you ever think of worrying as a sin?
- Do you think the angels worry? Why or why not?
- What if you saw Jesus, ascended and seated on His throne—in absolute and complete control over all of creation. Do you think you would worry as much as you do if you could actually see Him in all His eternal glory...and deeply sense how much He loves you and is fully involved in every detail of your life?

### Examination:

- Read **John 6:48-59**.
  - Jesus is referring (v. 49) to the bread that the Israelites ate for 40 years while they wandered in the wilderness. They called it "manna"—which means "What is it?" This manna would appear on the ground every morning (In my imagination, I think of dew covering the ground—and as the dew evaporated, it left behind these flakes of wafer-like bread that could be collected and eaten). The point Jesus is making is that this bread fed their stomachs, but did nothing for their soul (spiritual food). How is it that Jesus feeds our soul?
  - Jesus also refers to death & dying (vv. 49-51). He states that those who ate manna ultimately died. But whoever eats Him will never die—and will live forever. What do you think He meant by this? How can a person eat Jesus' flesh and live forever?
  - How do we "eat" Jesus? Is this something we do every so often...or something we do every day? Is it helpful to hold in our minds the image of eating Jesus?
  - Why do you think the Jews were so put off by these words (v. 52)? Do you think Jesus intentionally used this imagery and language to offend or confuse the Jews?
  - What does "eating the flesh of the Son of Man" and "drinking His blood" (v. 53) make you think of? Does it help you to think of this in light of the Passover meal? Prior to the Upper Room (and Jesus' instituting the Lord's Supper), would there have been a good way for those listening to Jesus to understand what he meant?

- Has there ever been an experience in your life when it seemed you were “eating” Jesus—and He was nourishing you (v. 55)? What are some of the benefits Jesus mentions of eating and drinking His flesh and blood (vv. 53-58)?
- Much of what Jesus taught occurred out in the streets and hillsides—where everyday people lived and experienced life. This teaching of Jesus took place in the synagogue in Capernaum (v. 59). Does the location of where Jesus delivered these words make any difference in how we are to interpret them?
- Read **John 6:60-71**.
  - The synagogue was apparently filled with people who identified themselves as “His disciples” (v. 60). How many people do you imagine this to have been?
  - Do you agree with what these disciples said—that this is a “hard teaching”, and that it bordered on being “unacceptable” or “offensive”?
  - How would you describe the tone of Jesus’ response in verses 61-64? Is He upset or angry? Is He disappointed? Is He indifferent? Is He sad?
  - How would seeing Jesus ascend to where He was before (Heaven! At the right hand of God the Father! Full of Glory!) change our view of what it means to eat Jesus’ flesh and drink His blood?
  - What does it mean that “the flesh counts for nothing” (v. 63)? Do you believe this to be true? If you fully, completely and absolutely believed this...would it change the way you viewed life?
  - What do you make of the fact that Jesus “knew from the beginning which of them did not believe and who would betray Him” (v. 64)? What goes on inside your heart when you think that nobody can come to Jesus unless the Father has enabled them” (v. 65)?
  - Right then and there, in that synagogue in Capernaum, many folks who had been following Jesus made the decision to leave (v. 66). Looking over all that Jesus has been saying here in this chapter—what do you think caused so many of them to turn back? Do you think they left offended (v. 61)? Why do you think the Father didn’t enable this group of disciples to come to Jesus? What do you think kept Judas from leaving at this point?
  - Do you think the twelve disciples thought about calling it quits (v. 67)?
  - What kept the twelve from leaving (vv. 68-69)?
  - Why do you think that Simon Peter functioned as the “spokesperson” for the twelve (v. 68)?
  - Peter connects the “words” of Jesus with the “bread” that Jesus spoke about—both being able to impart eternal life (v. 68). What is it that Peter and the other disciples believe (v. 69)?
  - At a very human and emotional level—what effect do you think it had on Jesus to spend 3 years with Judas, all the while knowing what Judas would do? Is there anything we can learn from this in our own lives?

**Application:**

Memorize Peter’s response: *“Lord, to whom shall we go? You have the words of eternal life. We have come to believe and to know that you are the Holy One of God.”* Recite this verse when you encounter trials. Personalize it. Remember that Jesus is the Holy One of God. Go to Him. Remember that you have absolutely no need to worry. Jesus is seated on His throne. He’s in charge!