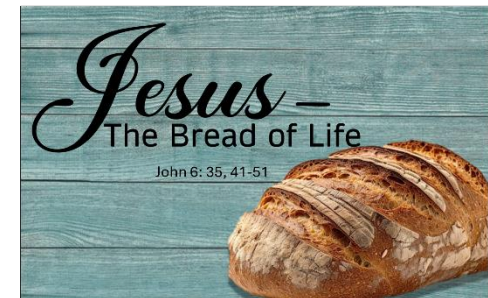


# Sermon

John 6:35, 41-51

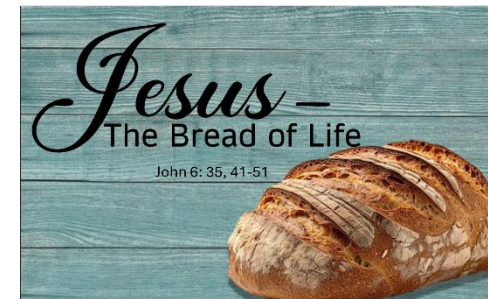
You are what you eat



# You are what you eat

John 6:24-35 (NIV)

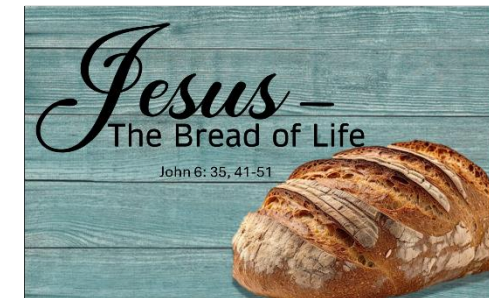
27 Do not work for **food that spoils**, but for food that endures to eternal life, which the Son of Man will give you.



# You are what you eat

John 6:35, 41-51 (NIV)

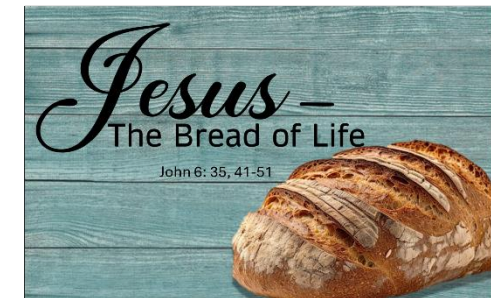
35 Then Jesus declared, “I am the **bread of life**.  
Whoever comes to me will **never go hungry**, and  
whoever believes in me will **never be thirsty**.”



# You are what you eat

John 6:35, 41-51 (NIV)

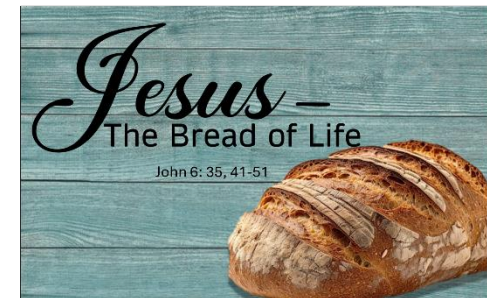
41 At this the Jews there began to grumble about him because he said, “I am the bread that came down from heaven.” 42 They said, “Is this not Jesus, the son of Joseph, whose father and mother we know? **How can he now say, ‘I came down from heaven’?**”



# You are what you eat

John 6:35, 41-51 (NIV)

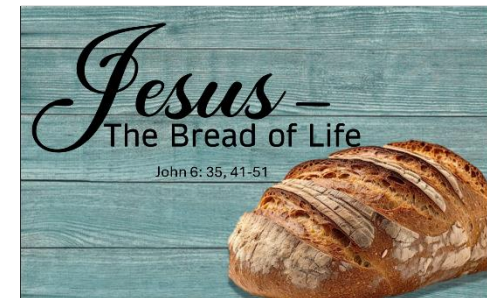
43 “Stop grumbling among yourselves,” Jesus answered. 44 “No one can come to me unless **the Father** who sent me **draws them**, and **I will raise them up** at the last day.



# You are what you eat

John 6:35, 41-51 (NIV)

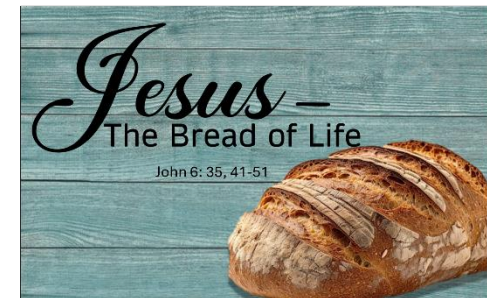
45 It is written in the Prophets: 'They will all be taught by God.' Everyone who has **heard** the Father and **learned** from him **comes** to me. 46 **No one** has seen the Father **except** the one who is from God; only he has seen the Father.



# You are what you eat

John 6:35, 41-51 (NIV)

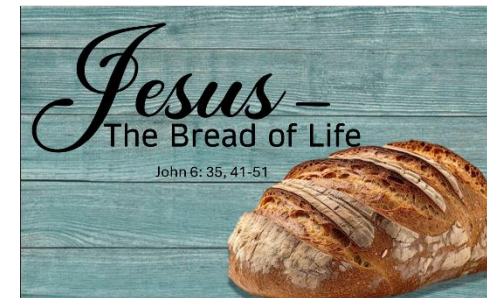
47 Very truly I tell you, the one who **believes** has **eternal life**. 48 I am the **bread of life**. 49 Your ancestors ate the manna in the wilderness, yet they died. 50 But here is the bread that comes down from heaven, which **anyone** may eat and **not die**.



# You are what you eat

John 6:35, 41-51 (NIV)

51 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.**”





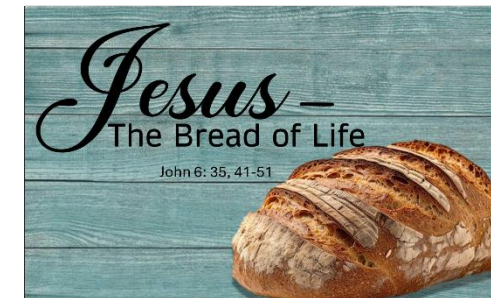
# You are what you eat

John 6:35, 41-51 (NIV)

What does our world/society tell us?

- Consumer culture
- You do you
- Live your best life
- You deserve it
- ...and you deserve it now!
- Feelings are highest authority

Max Jeganathan – Center for Public Christianity (CPX)  
Olive Tree Media (<https://www.youtube.com/live/nl8FBBJ00Xo>)

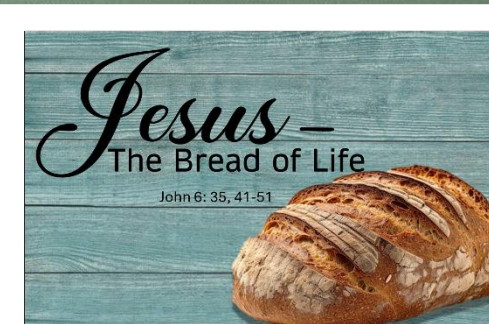


# You are what you eat

John 6:35, 41-51 (NIV)

What does this lead us?

- Modern individualism
- Turned in our ourselves
- Contempt/Cancel culture  
(anyone who disagrees is othered, ostracized)
  
- **YOU ARE GOD!**



# You are what you eat

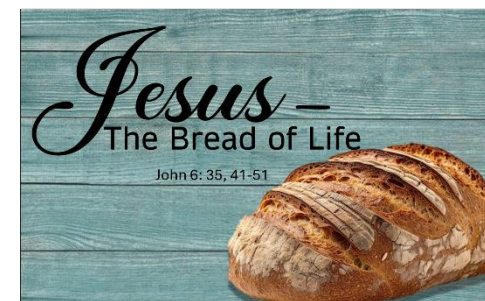
## Ephesians 4:1-16 (NIV)

1 ... I urge you to live a life worthy of the calling you have received. 2 Be completely humble and gentle; be patient, bearing with one another in love. 3 Make every effort to keep the **unity** of the Spirit through the bond of peace.

4 There is **one** body and **one** Spirit, just as you were called to **one** hope when you were called:

5 **one** Lord, **one** faith, **one** baptism;

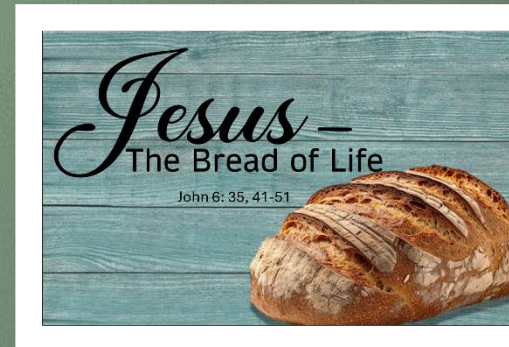
6 **one** God and Father of all.



# You are what you eat

Ephesians 4:25-5:2 (NIV)

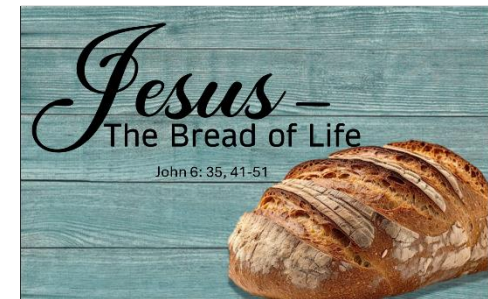
25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. 26 “In your anger do not sin”: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold.



# You are what you eat

Ephesians 4:25-5:2 (NIV)

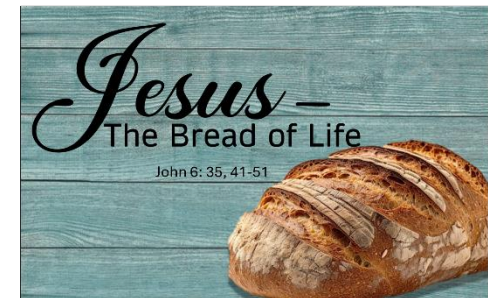
29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.



# You are what you eat

Ephesians 4:25-5:2 (NIV)

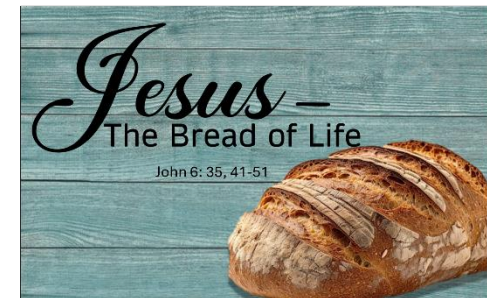
31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.



# You are what you eat



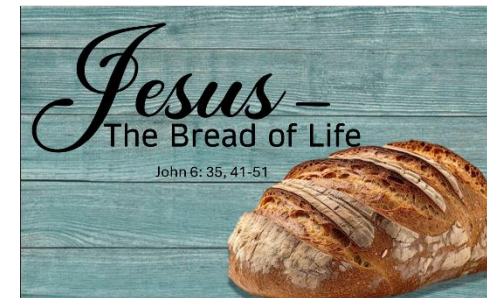
**Vision:** To know Christ in his word  
and make Christ known in his world.  
(Philippians 3:10-12, John 17:3)



# You are what you eat



**Mission:** We gather in Jesus' name,  
grow through his word and sacraments,  
and share his love with others.



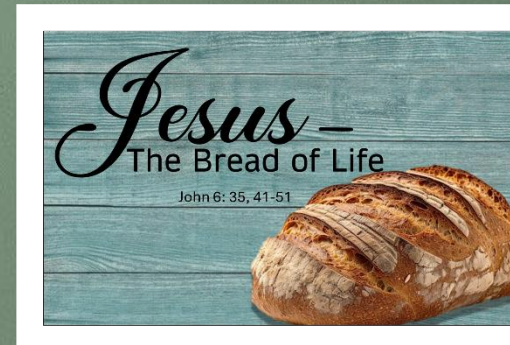


# You are what you eat



**Action:** By the grace of God and guidance of the Holy Spirit, we seek to fulfil this mission and vision through:

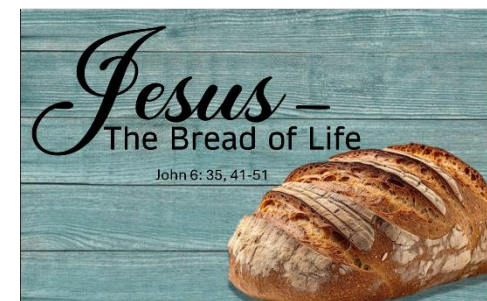
- 1) a life of worship,
- 2) spiritual growth,
- 3) Christian care,
- 4) school ministry and
- 5) reaching out.



# You are what you eat

Ephesians 4:25-5:2 (NIV)

1 Follow God's example, therefore, as dearly loved children 2 and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.



# Sermon

John 6:35, 41-51

You are what you eat

