

# Sermon

John 6:56-69

‘You are what you eat’  
(Pt III)



# You are what you eat

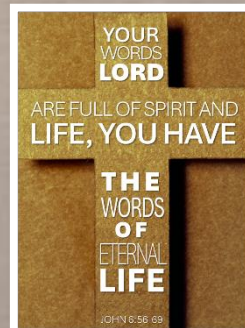
John 6:56-69 (NIV)

60 On hearing it, many of his disciples said, “This is a **hard** teaching. Who can accept it?”

60 When His disciples heard this, many of them said, This is a **hard** and **difficult** and **strange** saying (an **offensive** and **unbearable** message).

Who can stand to hear it? [Who can be expected to listen to such teaching?]

Amplified Bible, Classic Edition (AMPC)



# You are what you eat

John 6:1-21 (NIV)

14 After the people saw the sign Jesus performed, they began to say, “Surely this is the Prophet who is to come into the world.” 15 Jesus, knowing that they intended to come and **make him king by force,** **withdrew again to a mountain by himself.**



# You are what you eat

John 6:24-35 (NIV)

26 Jesus answered,

“Very truly I tell you, you are looking for me,  
**not because you saw the signs I performed**  
**but because you ate the loaves and had your fill.**

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 6:24-35 (NIV)

32 Jesus said to them, “Very truly I tell you, **it is not Moses** who has given you the bread from heaven, but **it is my Father** who gives you the true bread from heaven. 33 For the bread of God is the **bread that comes down from heaven** and **gives life to the world.**”

34 “Sir,” they said, “always give us this bread.”

35 Then Jesus declared, **“I am the bread of life.”**





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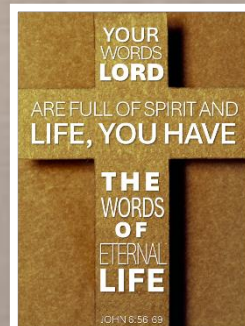
John 6:35,41-51 (NIV)

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.

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.”

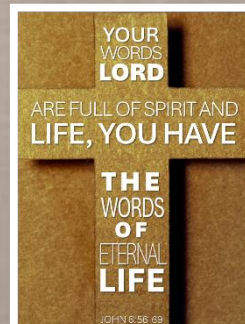


# You are what you eat

John 6:51-58 (NIV)

53 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. 54 Whoever **eats** my flesh and **drinks** my blood has **eternal** life, and I will raise them up at the last day. 55 For **my flesh is real food** and **my blood is real drink**.

56 Whoever eats my flesh and drinks my blood remains in me, and I in them.



# You are what you eat

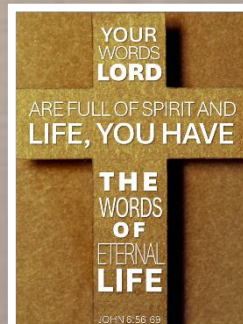
John 6:56-69 (NIV)

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!





# You are what you eat

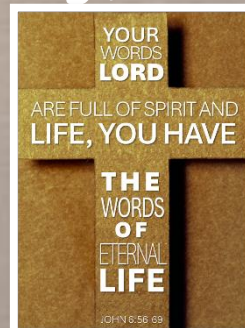
John 6:56-69 (NIV)

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.”



# You are what you eat

## John 6:56-69 (NIV)

66 From this time many of his disciples **turned back** and **no longer followed** him.



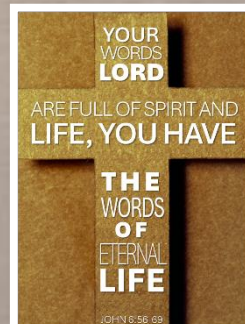
# You are what you eat

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/n18FBBJ00Xo>)



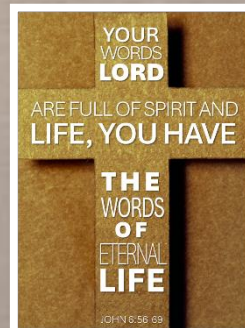
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John 6:35, 41-51 (NIV)

What does this lead us?

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

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



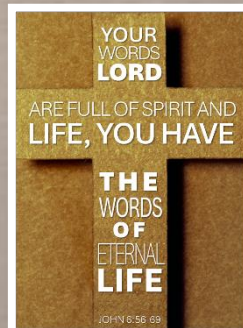


# You are what you eat

John 6:56-69 (NIV)

What if there's another way?

- Feeding on Jesus - Word, Sacraments, prayer
- Abiding in/with Jesus



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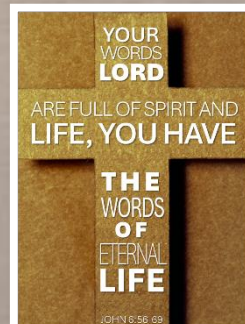
John 6:56-69 (NIV)

What if there's another way?

- Resist the outrage/offense
- Remember:
  - We're all part of community of humanity
  - We're all part of community of sinners
  - We're all intrinsically broken
  - We're all intrinsically precious
  - We're all intrinsically equal

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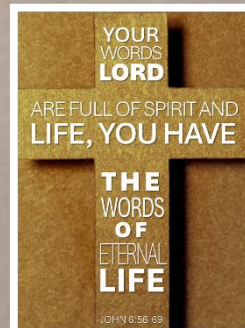
John 6:56-69 (NIV)

What if there's another way?

- The most important thing is the relationship
  - All people deserve respect (not all ideas)
  - Deepening the relationship
  - Listening to understand
  - Explaining graciously
  - Being righteous, not right
  - Giving a reason for the hope you have

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# You are what you eat

John 6:56-69 (NIV)

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.**”





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