

# Lesson 12 – I am the Bread of Life

## *Introduction*

Preparation	Bring a rock, a flashlight or lantern, and bread Bring iPod and speakers or octopus box to play the song
!	Show each of the objects to the class
?	What do these objects have in common? (used as a symbol of Jesus)
Hel 5:12	He is the Rock
John 8:12	Light of the world
John 6:35	I am the Bread of life
?	Why does God use symbols so often?
Moses 6:63	<i>And behold, all things have their likeness, and all things are created and made to bear record of me, both things which are temporal, and things which are spiritual... all things bear record of me.</i>
2 Ne 11:4	<i>... all things which have been given of God from the beginning of the world, unto man, are the typifying of him [Christ]”</i>
?	So why does God use symbols so often? (to point us to Christ)
?	What is the ultimate mission of the Church? (to bring us all unto Christ)
!	Play Sacraments and Symbols (3min 30 sec) Pass out the handout with the words
1 Ne 11:16-17	Knowest thou the condescension of God?
!	Symbols bring us unto Christ and demonstrate the infinite love God has for us, His children. And they are everywhere around us woven into the tapestry of our lives.

## *I am the Bread of Life*

John 6:1-14	Jesus feeds to 5,000
?	What are the symbols of this story? (bread, fish, and others)
!	Let's find the symbolism and discuss their meaning
John 6:35, 48-51	I am the bread of life

?	Why is bread a symbol of Christ?
?	Why did He refer to the manna that fed Israel in the wilderness? (He compared manna to bread, Himself to both, that He gives life)
?	Were the Israelites deserving of the manna they received from heaven every day? Are we deserving of the atoning power of Christ that washes us clean of our sins?
Ex 16:16	Every man commanded to gather manna How is each of us commanded to “gather manna”? (we are commanded to partake of the Sacrament)
Matt 26:26	This is My body
?	What does the bread of our sacrament symbolize? (Christ’s body, the resurrection)
John 6:12	When they were filled...
?	Filled with what? (bread)
?	What does it mean to be “filled”? Did everyone among the 5,000 have the same amount of hunger? The same need for the bread?
?	In what way are we “filled” by the power of the Atonement? (the Atonement is infinite and able to atone for all sins, big or small) Some have greater burdens of sin to carry and yet the infinite Atonement “fills” them by cleansing their every sin.
John 6:7	What concern was raised by Philip? (the small amount of money they had was insufficient to feed the 5,000 people)
?	What might this symbolize for us? (we cannot buy the Bread of Life with money)
?	Who gave the loaves and fishes to the multitude? (the disciples) ?What might this symbolize? (the sacrament is given to us only by priesthood holders (disciples of Christ)
Jn 6:13	The Lord gives us enough and to spare. As the needs of the 5,000 were met by the bread fishes, the atonement of Jesus Christ meets our every need. With it, we are filled, and there is always more remaining for Him to give us and others. Like the miracle of the loaves and fishes, the miracle of the atonement demonstrates the love and compassion Christ has for each of us.

## *Peter walks on water – an act of pure faith*

Matt 14:21-24	Summarize: immediately following the feeding of the 5,000 Jesus went by Himself to pray. The disciples were sent in a boat across the Sea of Galilee and a big storm arose while they were rowing.
25-32	Why do you think Peter wanted to go to Him? Might there be a symbol in this?
?	How do you think Peter got out of the boat?
?	How did Peter do it? (faith)
?	What happened once he was walking on the water? (he became afraid)
?	What happens to our faith when fear takes over?
JS, Lectures on Faith	... for where doubt is, there faith has no power.
?	When is the fourth watch (3am – 6am) (just before the dawn)
?	Why did Jesus wait until the fourth watch?
?	When we are tossed by the storms of life, especially the strong ones, at which watch does God sometimes arrive? Why? (to help us grow)
Quote 1	Robert England Lee
Symbols	The storm and the boisterous waves? The “contrary” wind? The time? (4 <sup>th</sup> watch) The boat? (our lives) Were the disciples tired of rowing and bailing water? (Mark 6:48 – Jesus saw them toiling) It might seem at times that He is far from us, but He can see us and is actually near. How far did Jesus walk? (John 6:19 – 3 miles) How far did Peter walk to go to Jesus? (steps) What does this symbolize for us? (We need to do our part, but He will do whatever is left)

Symbol	<p>How did Jesus reply to Peter when asked, “bid me come unto thee”? (“Come”) What symbolism is found here?</p> <p>Not only will the Lord come to us, but He will also help us to come to Him even if it seems that the gap between us is impossible. Even if we have to walk on the water.</p>
Symbol	<p>Peter’s fear</p> <p>What do we do that weakens our faith that we begin to sink into the dark waters of life?</p> <p>What did Peter do as he began to sink? (cried out, “Lord, save me”).</p> <p>What did Jesus do in response? (immediately, Jesus stretched forth his hand and caught him)</p>
?	How do you think Peter got back into the boat?
Quote 2	Robert England Lee

***Quote 1 – Robert England Lee, an LDS author***

What would it be like to row all night, being tossed by the waves and the wind, making no progress? Can we feel the pain in our hands, stomach, thighs, shoulders, and back? Can we feel the beating of the waves against our bodies? Can we see the blackness of the night? If we sense these things, we may have a deeper appreciation for what Alma called the “endless night of darkness” (Alma 41:7). In those words Alma described the condition of souls who had not repented which would be the condition of all souls if there had been no atonement, and repentance were not possible. The ship on the sea may be seen as a type of endless condition of all mankind if there were no Redeemer...

Alma explained that all will not be consigned to an endless night of darkness, for “mercy claimeth the penitent, and mercy cometh because of the atonement; and the atonement bringeth to pass the resurrection of the dead; and the resurrection of the dead bringeth back men into the presence of God.” (Alma 32:23)

***Quote 2 – Robert England Lee, an LDS author***

What would it have been like to be Peter at that moment? What would it be like to know that we were powerless to deliver ourselves from the sea? Can we feel our hearts breaking and the contrition of our spirits as our arm stretches up in hope and our voice cries out, “Save me, Lord”? Can we feel the power in the outstretched hand of the Son of God as he grasps our own feeble arm and pulls us from the deep? If we can feel these things, we can begin to appreciate the meaning of the atonement of Christ in our lives, for without him we too are powerless to be delivered from the night of endless darkness. The difference between being without Christ in the world and having him as our companion is illustrated by Mark when he said, “And he went up unto them into the ship and the wind ceased” (Mark 6:51)