

## The Power of Bread: A Manna Mindset

### Guest Speaker: Toby Slough

**Jesus came to give us abundant life (John 10:10).** In fact, Jesus boldly proclaims that He is *the bread of life* (John 6:35), which was a hard teaching for many of His disciples at the time. Jesus makes the promise that those who come to Him hungry and thirsty will be blessed and filled (Matthew 5:6). Jesus even taught His followers to ask their Heavenly Father for their daily bread (Matthew 6:11). This echoes Proverbs 30:8-9, where Agur son of Jakeh declared to the LORD: *give me neither poverty nor riches, but give me only my daily bread.*

### GET THINGS STARTED

When Jesus teaches that He is the bread of life, He also goes on to say that His flesh is real food and His blood real drink. Whoever eats His flesh and drinks His blood remains in Him, and He in them (John 6:55-56). What do you think Jesus meant by these verses (He obviously was not being literal), and why was it a hard teaching for His disciples?

### GO DEEPER

1. From John 6:35 and John 10:10, what does it look like to have abundant life, to have your spiritual hunger and thirst satisfied? What possibly leads believers to embrace inadequate or inaccurate perspectives of abundant life?
2. What does it mean to ask God for our *daily bread* in our day and time (Matthew 6:11)? What is our *daily bread*, and why is too little or too much problematic, according to Proverbs 30:8-9? How do we determine what the right amount of *daily bread* is?

### MAKE IT PERSONAL

1. How are you coming to Jesus for your *daily bread*? What needs to shift in you to have a *manna* or *bread of life* mindset? What habits need to change or be put into place to engage the presence of Jesus more to receive your *daily bread*?
2. What else from Toby's message impacted you or stirred something in you? What did you find encouraging? What was most challenging?

### PRACTICE IT NOW

**As a group, take time to ask Jesus for abundant life.** Ask Him to shape your perspective of what that means, so that you are in alignment with His heart and His Kingdom. Ask Him also to show you what it means to receive your daily bread, to have what you need for today. And ask Jesus to increase your hunger and thirst for Him, to stir in you a greater longing for Him and His presence.