

Just ask

 John 6.24-35

This passage comes after Jesus has fed 5000 people. Jesus has removed himself and the crowd come looking for him hoping for another miraculous encounter. When they find him, they don't quite get what they expect. Jesus tells them that, rather than looking for more food to eat, they should instead hunger for the, 'food that endures for eternal life'. He uses the illustration of bread to discuss with them how he is the bread of life, that anyone who comes to him will never go hungry.

Now read John 6.24-35 see p.2 for text.

**A note on the passage**

Here the crowd are asking Jesus: what works they can do, what signs they can look for. He responds by asking them to trust in him. In your own faith, do you try to do things or look for signs, to strengthen your belief? What Jesus is saying here is: just trust in me, this is the most important thing you can do. How do you respond to this? How can you let this message filter into your life this week?



**Ask yourself:** How does trust in God sustain you for daily life?

Questions and Answers

In this passage, we see the crowd asking lots of questions about faith and how to live as God wants. What questions do you have? Where can you go for answers? Choose a couple of questions you'd like to know the answers to. Then think about where you might be able to find answers: the Bible, on the internet, from someone wise you know, in a podcast. Try and find some answers to your questions.

Daily  trust

Do a daily act of trust. It could be doing some trust exercises, e.g. a blindfolded obstacle course with a partner guiding; having an honest conversation with someone about your faith or writing a prayer or poem about trusting in God. Reflect back at the end of the week – are there any trust acts that you would like to continue? How did it feel to place trust in this way?



**You will need:** plain flour, salt, water, access to an oven; paints, paintbrush.

Make some salt dough decorations [www.bbcgoodfood.com/howto/guide/how-make-salt-dough-recipe](http://www.bbcgoodfood.com/howto/guide/how-make-salt-dough-recipe)

Shape the salt dough into (or paint on) fish, an ancient Greek symbol of belief in God. Decorate and hang in your home, car or maybe take one to work or when you go on holiday, as a reminder to trust in God, whatever situation you are in.



NATURE WALK 

Go on a nature walk reflecting on the words: 'This is the work of God, that you believe in him whom he has sent.' As you walk, look for signs around you that speak to you about belief – the way a plant tracks the sun, how nature finds a way even in difficult circumstances, like a plant growing out of a rock.

 LISTEN

Listen to the song, 'Trust In You', Lauren Daigle on *How Can It Be*.

<https://thefishnashville.com/content/music/lauren-daigle-trust-in-you-official-music-video>

What words or phrases stand out for you? What circumstances or situations make you feel as though your trust is shaken?



Choose a version of the passage to read. The first is the ROOTS version for children, the second is the NRSV text which may be suitable for older children, young people and adults.

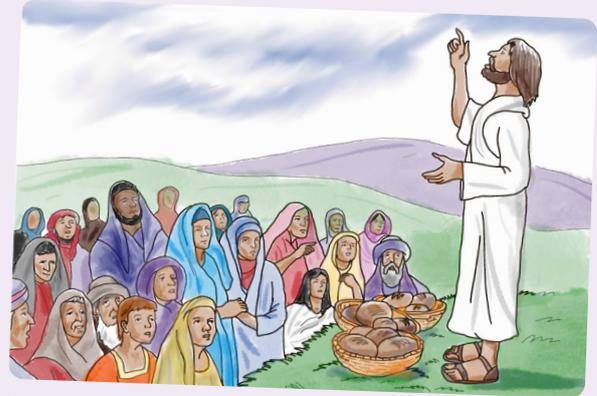
**A** crowd searching for Jesus found him in the town of Capernaum. 'Rabbi,' they asked, 'when did you get here?'

Jesus answered, 'I know that you're not really looking for me because you know where I come from, but because I gave you all the bread you wanted to eat. Don't work for food that cannot last. Work for food that is eternal and will last for ever; the kind of food that I am offering you, because it is from God.'

'How can we do the work God wants?' they asked.

'To work for God,' Jesus replied, 'you must believe in the one whom God has sent.'

'What sign will you give us to show that you really are from God?' they asked. 'In the desert, our ancestors believed in Moses because he gave them bread to eat; bread sent from heaven.'



'It wasn't Moses who gave them bread from heaven,' Jesus replied. 'God gives bread from heaven – real bread that gives life to the world.'

'Then, give us that bread always,' they said.

Jesus answered, 'I am the bread of life. Whoever comes to me will never be hungry or thirsty.'

John 6.24-35

### Did you know?

- 'Rabbi' is a term for a Jewish teacher, a title used for Jesus as a sign of respect.
- Something eternal lasts for ever, beyond the end of time.
- 'Ancestors': members of your family who have lived before you, also the people of Israel, whom Moses led out of Egypt and into the wilderness, where they spent 40 years.

## John 6.24-35 (NRSV)

So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' Then they said to him, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' So they said

to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat."' Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always.'

Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'