

John 6:28-36

Verses 28-29

The people question what they must do to work the works of God as they had misunderstood verse 27 in regard to “not working for the food which perishes, but that which leads to eternal life”. They believed that they must do some kind of works to earn eternal life. Jesus responds that the “work” that God requires is to believe in Him who He sent which is His Son Jesus. There are 248 times in the New Testament where the word believe is used and 98 of those times are in John. The purpose of the Gospel according to John is that by the things written in this gospel account one would believe that Jesus is the Christ, the Son of God; and by believing have life in His name ([John 20:30-31](#)).

Throughout this chapter we will see a repetition of the truth that Jesus was sent by the Father and the Father had set His seal upon Him.

Verses 30-31

The people listening to Jesus demand a sign for them to believe in Him. However, they have already dismissed the miracle they had just been witness to with the feeding of the 5,000. If they are going to believe that Jesus is the Messiah, they want to see something at least as great if not greater than Moses and the Israelites being fed by manna in their wilderness journey for 40 years ([Exodus 16](#)).

They quote from [Psalm 78:24](#): *He rained down manna upon them to eat And gave them ^[a]food from heaven.*

Verse 32

Jesus starts verse 32 with “truly, truly” which is to get the reader’s attention and the seriousness of the following words. Jesus tells the people it was not Moses who had given the bread out of Heaven, but rather it was God. The bread from heaven (manna) they had received in the wilderness was from God and was physical and temporal food. It is also the Father who gives the true bread out of Heaven which is spiritual and eternal.

Verse 33

Jesus is the bread out of Heaven that gives life to the world (the Jew and the Gentile). Jesus is the Son on Man who descended from Heaven ([Daniel 7:13-14](#)) as He was sent by the Father as the Father had set His seal upon Him. No one has ascended into Heaven except He who has descended from Heaven ([John 3:13](#)) which speaks to the incarnation of the Son. He is the bread that came down from Heaven and gives eternal life.

Eternal life through Christ (small list as there are a significant amount of more verses):

- [John 3:15-16](#)
- [John 3:36](#)
- [John 4:14](#)
- [John 5:21,24](#)
- [John 6:40, 47, 51](#)
- [John 10:27-28](#)
- [John 17:1-2](#)

Verse 34

There is a parallel between this story and the woman at the well as seen in John 4. The woman at the well is seeking physical water. Jesus tells her that the water He gives will become a well of water spring up to eternal life. She wants Jesus to give her that water as she thinks it is physical water, but Jesus is speaking about spiritual living water which is in Him. The crowd in this story are seeking not water, but physical bread. Jesus tells them that the bread of God is eternal life, and they will never hunger with this bread. They are desiring this bread they believe is physical. However, just as with the woman at the well Jesus is talking in a spiritual sense that is eternal and not a physical sense. He is speaking of Himself.

Verse 35

This verse begins the 1st of 7 “I am” sayings found in John. Jesus will draw from **Exodus 3:14** in using Ego Eimi in reference to the name of God to declare His deity and also add a metaphor to Himself to describe who He is. Jesus declares He is Yahweh and that He is the Bread of Life and all that come to Him will never hunger and those who believe in Him will never thirst.

The Bread of Life that the Father gives out of Heaven is His eternal Son. His Son is He who gives life to all that believe.

The I Am sayings of Jesus:

- I Am the Bread of Life (**John 6:35,41, 48, 51**)
- I Am the Light of the World (**John 8:12**)
- I Am the Door of the Sheep (**John 10:7,9**)
- I Am the Good Shepherd (**John 10:11,14**)
- I Am the Resurrection and the Life (**John 11:25**)
- I Am the Way, the Truth, and the Life (**John 14:6**)
- I Am the True Vine (**John 15:1,5**)

Verse 36

These people had seen Jesus and heard Jesus, but they did not believe. What is the reason they didn't believe? Why is it that some believe, and some do not? We see another similar situation in **John 10:22-30** where the Jews were told of Jesus and His truth, but they did not believe. Jesus tells them the reason that do not believe is because they are not His sheep. Jesus will tell these people in John 6 why they don't believe and who it is that comes to Jesus.

The Father sent the Son and the Son descended from Heaven via the incarnation. In the incarnation Jesus humbled Himself, took on flesh, and was born of a woman in Bethlehem. Jesus' beginning however was not in Bethlehem as He has no beginning for, He has aseity which is life in Himself as He is eternal. The place He was born in the flesh is of significance as Bethlehem means “house of bread.” At the Last Supper Jesus took bread (unleavened bread-represents without sin as Jesus was sinless) and broke it and after giving blessing it said, “this is My body which is given for you” and this was fulfilled on the cross. It is out of the “house of bread” that the Bread of Life had His body broken and His blood shed so that we may have eternal life through Him. All that come to Him have this promise: they will never thirst or hunger and will have eternal life!