

# Jesus Christ Is the Bread of Life

Imagine you have a friend who exercises daily and eats a healthy diet. One day, as you talk about the importance of having good health, you bring up the idea of spiritual health. She is confused by the idea.

Using the metaphors and truths in John 6:31–58, prepare a brief (two-to-three-minute) explanation that could help your friend understand how the Savior can nourish our souls. It may be important to review “Manna” in the Guide to the Scriptures (Gospel Library) and “John 6:32–35, 48–51. What is the symbolic importance of bread?” in *Scripture Helps: New Testament* before you ponder the following questions:

- What can the Savior’s descriptions of Himself as the “bread from heaven” (John 6:31) and the “bread of life” (John 6:35) teach us about Him?
- Why do we need Him—the Bread of Life—even more than we need physical bread?
- Elder D. Todd Christofferson said that the metaphor inviting us to “eat His flesh and drink His blood is a striking way of expressing how completely we must bring the Savior into our life—into our very being” (“The Living Bread Which Came Down from Heaven,” *Ensign* or *Liahona*, Nov. 2017, 36). In what ways can we “bring the Savior into our life—into our very being”?

As you prepare your explanation, think of how you could draw on your own experience with the Savior.

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