

Guidelines for the Exercise of the Lord's Day Prophesying Message Seven : The Bread of Life

I. Overview :

The Lord is the bread of life; He gives His bread of life for us to eat and also gives His blood for us to drink. The primary purpose for which the Lord Jesus came down out of heaven to the earth was to accomplish one central matter, that is to give Himself to us as food so that He could be eaten by us as spiritual nourishment and be digested by us to become our constitution. To eat Him is not a once-for-all matter; rather, we need to contact the Lord and eat Him daily. As the true bread, Christ is the bread of truth, of reality; Christ is true, real. Christ is the heavenly bread, and as the bread of God, He is of God. Anyone who eats the living bread which came down out of heaven will live forever. To eat His flesh is to receive by faith all that He did in giving His body for us. To drink His blood is to receive all that He accomplished in shedding His blood for us. In order to receive the Lord Jesus as the bread of life, our life supply to nourish us, we need to see that He is the life-giving Spirit and that this Spirit is embodied in the Word. If we do not touch the Spirit in the Word, we cannot receive life. Daily we need to come to the Lord and touch Him as the Spirit in the Word.

II. Truth and Enlightenment:

Day 1 —

A. State the seven points in John 6.

First, the Lord is the bread of life (vv. 35, 48). Second, the Lord gives this bread of life, His flesh, for man to eat (v. 51). Third, the Lord also gives His blood for man to drink. Fourth, He not only died but also resurrected. Fifth, because He lives in man, man lives because of Him and lives before God. Sixth, His Spirit, not His physical flesh, gives man life and makes man live. Seventh, His words are spirit and are life.

B. Expound the Lord being the bread that came down out of heaven.

The manna in the Old Testament came down out of heaven, but those who ate it still died. In contrast, the Lord Jesus came down out of heaven to be the bread of life so that anyone who eats of Him would not die. He is the bread that came down out of heaven in order for man to eat. He who comes to Him will by no means hunger, and he who believes into Him will by no means ever thirst.

Day 2 —

A. Explain the most important point in the whole chapter of John 6.

The Lord is our food, the bread of life. To eat Him is not a once-for-all matter. It is a daily matter and even a moment-by-moment experience of the Lord. We all must contact the Lord and eat Him. We are not merely weak people but hungry people who need the Lord as our life supply. The Lord is edible because He is the bread of life.

B. Expound the experience and enjoyment of the bread of life.

For our experience and enjoyment, Christ is the bread of life. Spiritually speaking, everyone is hungry and in need of Christ as the bread of life. Our unique need is Christ as our food. Christ is not only your life; He, as the bread of life, is also your life supply, your daily food.

Day 3 —

A. Explain the meaning of the work of God.

For us, the work of God is nothing other than eating Christ, receiving Him, and living by Him. Daily we must eat Christ in order to live by Christ. Today's problem is not work but life. What kind of life do you live? Are you satisfied with the life you are living? If you do not eat and drink of Christ, you simply do not have life. If you do not have life, how can you live?

B. Expound Christ as the Passover Lamb.

Christ shed His blood for our redemption that God may pass over us. In John 6:53 the Lord spoke of His blood, which is necessary for redemption. At the time of the Passover, the blood of the lamb was applied to the doorpost. Yet, in John 6:53 the Lord Jesus spoke about drinking His blood. To drink means to receive. Hence, to drink the blood is to receive it.

Day 4 —

A. Why is John 6:57 the strangest sentence in the entire Bible?

The Lord who is the almighty God and the Creator of the universe exhorts us to eat Him. If this word had not been spoken by the Lord, I believe that none of us would possess enough courage to say that we must eat the Lord. We all must eat three meals a day in order to live. In other words, we live by eating. Likewise, we must eat the Lord so that we can live by the Lord.

B. State that we should have the experience of contacting the Spirit every day.

Whenever we come to the Word, we need to exercise our entire being, especially our spirit, to contact Christ, who is now the life-giving Spirit. We definitely need to read the Bible. But it is crucial that we contact the Spirit in the Word by exercising our whole being. If we do this, we will take in Christ as our food supply. We will receive the Spirit as the heavenly manna.

Day 5 —

A. State the word in John 6:63, and how to apply it.

The Jews could not understand how He could give His flesh for them to eat. The Lord said that it is the Spirit who gives life and that the flesh profits nothing. In other words, the Lord told them that He would become the Spirit. He would not be literally in the flesh but would be transfigured from the flesh into the Spirit. What He would give eternally would be the Spirit who gives life, who is Himself in resurrection.

B. Explain that you have received Christ as the Spirit.

The apostle Paul says that formerly some knew Christ in the flesh, but now they know Him in the flesh no longer. Now they know Christ as the Spirit. The Christ we now receive is not the Christ in the flesh but the Christ who is the Spirit. When He was in the flesh, He could not be in them. Now, as the Spirit, it is easy for Him to be within us.

Day 6 —

A. Testify enjoying of Christ as the bread of life.

If we do not touch the Spirit in the Word, we cannot receive life. The Spirit is the extract of the Bible. Yet this extract is embodied in the Word. Today the incarnated, crucified, resurrected, and ascended Christ is the life-giving Spirit, and this life-giving Spirit is embodied in the Word. Daily we may come to Him and touch Him as the Spirit in the Word.

B. State the Spirit being wonderful, the word is substantial.

Although the Spirit is wonderful, He is too mysterious. We need something solid, visible, tangible, and touchable—the word of life. First, the Lord indicated that for giving life He would become the Spirit. Then He said that the words He speaks are spirit and life. This shows that His spoken words are the embodiment of the Spirit of life. When we receive His words by exercising our spirit, we receive the Spirit who is life.

III. Conclusion:

When we cry out, "Oh Lord Jesus," we receive the Spirit. What we call is the Lord Jesus, but what we receive is the Spirit. Why? Because the Lord Jesus today is the Spirit. The fact that we call on the name of Jesus and receive the Spirit is strong proof that the Lord Jesus is the Spirit today. Whenever we call on the name of the Lord Jesus, we receive the Spirit. The Spirit is the dear Lord's person. The most important point in John 6 is that the Lord is our food, the bread of life. Eating Him is not a once for all matter, but a daily thing, thus we all need to touch the Lord and eat Him. We must exercise our spirit to feed on His Word as the Spirit. Then we must receive Him into us, digest Him, and experience Him. This is the path of life that we walk in our daily living.