



# MIND

session page

## Not Your Mama's Bread

**John 6:35-51 | Session 10.32**

### Before the Session

Facilitator: In advance of the session

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the Bible Background Video ready to view.
- Encourage your group to listen to the Faithelement podcast ahead of the next session (Share the link via email or social media).

### Context

Tell the group: *If you've been a believer for a long time, it's likely you've had to confront and change something you once believed. Share about that experience. Ask:*

- What was it like?
- If it was difficult for you to come to terms with the change, what made it so?
- How long did it take you to fully come to terms with the change and why?

Continue by asking:

- - Why is it so difficult sometimes to change beliefs we've held for a long time?
- - At what times is it necessary, and what cautions should we take when doing so?

## **Content**

Read [John 6:35-51](#), and watch the Bible Background Video before asking:

- - Looking at this entire chapter to this point (you may want to review the previous two weeks), how do the people begin to view Jesus differently?
- - In light of the people's expectations, what is Jesus trying to do in this passage?
- - In what ways have the people "seen but not believed"?
- - What has Jesus said that should have upset his audience and why?
- - How are the people in this passage unable to see the current truth because of their old beliefs?
- - In what ways does Jesus change the discussion about bread over the course of this discussion?
- - To what greater truth did the miracles (manna in the desert, feeding of 5,000 people, etc.) point?

## **Closure**

Continue by asking:

- - Given that Jesus challenged the way these people saw and thought about events that had happened centuries before, what are some other times when believers have had to reinterpret the things Jesus said and did?

- - Why do miraculous events not always lead to faith... even today?
- - With what kinds of beliefs and interpretations do you think the Church and individual believers are struggling today?
- - At what points do you think the Holy Spirit is present in this process – both as initiator of the change, and as guide through it?
- - How can we help other people who may struggle with those times when the things they expect from their faith collide with reality?

Close with prayer.

**Writer: Jon Parks**