

staff of life" to the body. By the processes of digestion and assimilation the nutrient properties of the bread are made to build up and restore its wasted powers. So Christ becomes to those who believe nutriment and life to the soul. Not only does he refresh unceasingly, as in the water of life, but he becomes the very bone and nerve and fiber of the soul-life, sustaining the believer through all vicissitudes, and even raising him up at the last day.—*Prof. James C. Murray.*

He is the gift of God to a world spiritually hungry and perishing. As the Lord caused manna to fall for Israel in the wilderness, so Christ is the living bread from heaven (verse 33). He is the nourishment and the sustaining power of the spiritual life of the believer. As bread is said to be the "staff of life," so Christ is a satisfying portion to the soul. He is "imperishable" bread and sustains an "imperishable" life. Feeding on him by faith, we partake by *assimilation* of his divine nature. Eating of this "bread," we live forever.—*Rev. W. S. McCowan.*

Christ's metaphor was suggested by the manna, which was a shadow and type of himself in that it was (1) the indispensable sustenance of life for the Israelites in the wilderness; (2) suited to the needs of every person; (3) given by God directly, outside the course of nature; (4) given plentifully, and yet only as needed and appropriated; (5) given regularly and constantly; and (6) preserved as a memorial in the sanctuary. Christ is the bread of life, inasmuch as he alone can sustain our spiritual life; he meets the needs of all men; he came down from heaven; he saves to the uttermost; he is our never-failing portion; all which we commemorate in the holy supper.—*Rev. E. S. Lewis, D.D.*

Analytical and Biblical Outline. The Bread of Life.

I. BREAD NEEDED.

Labor....for that meat. v. 27.

"Wherefore....spend money?" Isa. 55. 2.

"First, the kingdom of God." Matt. 6. 33.

II. BREAD GIVEN.

Which the Son....shall give. v. 27.

"My flesh is meat." John 6. 55.

"Your life is hid with Christ." Col. 3. 3.

III. BREAD PARTAKEN.

Believe on him. v. 29.

"By grace....through faith." Eph. 2. 8.

"Believe on the name....Christ." 1 John 3. 23.

IV. BREAD FROM HEAVEN.

The true bread from heaven. v. 32, 33.

"Man did eat angels' food." Psa. 78. 25.

"The Word was made flesh." John 1. 14.

V. BREAD SATISFYING.

Never hunger....never thirst. v. 35.

"Abundantly satisfied." Psa. 36. 8.

"I will give you rest." Matt. 11. 28.

VI. BREAD ETERNAL.

May have everlasting life. v. 40.

"An inheritance incorruptible." 1 Pet. 1. 4.

"God hath given to us eternal life." 1 John 5. 11.

Thoughts for Young People.

Spiritual Hunger.

1. What is a hungry man? One who wants food, and if he be really hungry there are few things he will not do to get food. There is a spiritual hunger. Those who have it have yearnings of heart and mind, of which the most eager physical appetite is a faint type.

2. Who is a hungry man. Every healthful man who is not well fed. Not to be hungry at the proper season is an indication of ill-health. Lack of spiritual hunger is an unmistakable proof of the presence of spiritual distemper.

3. For what does the human heart hunger? For LIFE, in its richest, fullest sense. Other answers might be given by some in special hours of strain. Love, or the life of some sick friend, or personal health, or some coveted pleasure at times may crowd out all other desires from our hearts, but LIFE in its fullest sense includes all these. If your ideal of life could be realized every yearning of your heart would be satisfied.

4. Jesus is the bread of life. The sole source of nourishment for our many-sided nature. Men have tried hard to satisfy their hearts' yearnings by conquering nations or building houses or studying science or marrying loved ones or lavishing affections on children; but all these things fail because they are of the earth, earthy, and our natures are not of the earth. We are made in the likeness of that God who is a Spirit. Our deepest yearnings, however intertwined they may be with physical wants, are at their root spiritual yearnings, and can only be satisfied by partaking of the true bread of life.

5. This bread was broken for us. Very pathetic were the words of Christ at the last supper: "This is my body which was broken for you." There are some truths so profound that they can only be expressed in rhetorical figure, and this is one of them. It is deeply, inexpressibly true that by the defamnation and death of Jesus we have been made partakers of the divine nature and put in possession of the sources of all blessings, far and near, little and large.

Lesson Word-Pictures.

What does it mean that all this crowd is so persistently following Jesus? Missing him on the other side of Galilee, they took to their boats, and, like a great flock of sea-birds, they have winged