

ment, Jesus acts by his power as Son of Man. He points out that the manna was only a type, a "shadow of good things to come," the Father's Gift, himself, was the antitype, the reality, which it set forth. Giveth—"is now giving" (Gal. 4: 4). The true bread—the genuine bread from heaven. It is not contrasted with false bread, but with typical.

33. Is that which cometh (R. V.)—Christ does not bring forward himself as the Bread of Life until the 35th verse. He gives, in this verse, the distinguishing marks of the true Bread—(1) It is God's Gift; (2) it comes down from heaven; (3) it gives life to the world—is suited for all mankind.

III. BREAD OF LIFE. 34. Evermore give us this bread—"The Jews understood this bread as the Samaritan woman understood the water (John 4: 15), to be some miraculous kind of sustenance which would bestow life everlasting:—perhaps they thought of the heavenly manna, which the rabbis speak of as prepared for the just in the future world. (Rev. 2: 17.)" (Alford.)

35. I am the bread of life—with strong emphasis on "I." He imparts and sustains all spiritual life. In various points draw the comparison between bread and Christ. He that cometh . . . he that believeth—Coming and believing are the conditions of receiving. "It is opening the heart to receive him; it is trusting him with all the heart; it is going to him in faith and prayer for comfort, and help, and teaching, and all that the soul needs." (Peloubet.) How does Jesus satisfy the hunger and thirst of the soul? "Not by eating his actual flesh, even if, as some suppose, the bread of the communion were changed into that, we in no way become what we eat. 'What lion eats becomes lion.' 'Sheep eat grass, but it is wool that grows on their backs.' We should be no better if we could actually eat the body of Christ. But whatever feeds our souls does make us better, and Jesus does this." (Peloubet.) He has made atonement for our sins, and so opened the way to acceptance with God; he has sent his Holy Spirit to regenerate and sanctify; he bestows all needed grace for the discharge of duty and confirmation of Christian character.

SUMMARY AND REVIEW.

Review intermediate events. When the meal was over where did the disciples go? When did Jesus go? What befel the disciples? How did Jesus come to them? What did Peter try to do? Next morning, when the people could not find Jesus, they returned to Capernaum, and were surprised to see him there—Why? What was their real motive in following Christ? They desired **Earthly bread for the earthly life.** We, too, get this from Jesus. He blesses our labors and feeds us day by day. Every good that we receive comes to us for his sake. But few profess to follow him only because of the earthly blessings. We love him just as little as these people did. For what kind of bread should we work most earnestly? **Heavenly bread for heavenly life.** What must we do to get this bread? Love, trust, obey Christ. What is faith in Jesus Christ? Jesus gives himself to us. When we come to him and receive him as our Saviour, he fills our hearts with peace and joy, and makes us strong to serve him.

Jesus the True Bread.

JESUS GIVES

EARTHLY BREAD

for

EARTHLY LIFE

Himself

HEAVENLY BREAD

for

HEAVENLY LIFE

TO US

Believe and Live.

—S. S. Times.