

**March 27–April 2. Matthew 14; Mark 6; John 5–6: “Be Not Afraid”**

The Bread of Life

Let's start with Jesus' discourse on the Bread of Life (John 6). Mark gives us the events which led up to the feeding of 5000

Mark 6:31-34

31 And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat.

32 And they departed into a desert place by ship privately.

33 And the people saw them departing, and many knew him, and ran afoot thither out of all cities, and outwent them, and came together unto him.

34 And Jesus, when he came out, saw much people, and was moved with compassion toward them, because they were as sheep not having a shepherd: and he began to teach them many things.

What do we learn about Jesus' popularity at this time?

There were so many people seeking Jesus that they had no privacy or leisure “so much as to eat”

So they secretly took a boat to the desert on the other side of Galilee.

People “of all cities” saw Him leave and they went by foot to the other side.

He had compassion “because they were as sheep not having a shepherd”

Let's read the account of feeding 5,000.

John 6:8-15

8 One of his disciples, Andrew, Simon Peter's brother, saith unto him,

9 There is a lad here, which hath five barley loaves, and two small fishes: but what are they among so many?

10 And Jesus said, Make the men sit down. Now there was much grass in the place. So the men sat down, in number about five thousand.

11 And Jesus took the loaves; and when he had given thanks, he distributed to the disciples, and the disciples to them that were set down; and likewise of the fishes as much as they would.

12 When they were filled, he said unto his disciples, Gather up the fragments that remain, that nothing be lost.

13 Therefore they gathered them together, and filled twelve baskets with the fragments of the five barley loaves, which remained over and above unto them that had eaten.

14 Then those men, when they had seen the miracle that Jesus did, said, This is of a truth that prophet that should come into the world.

15 ¶ When Jesus therefore perceived that they would come and take him by force, to make him a king, he departed again into a mountain himself alone.

How did the people feel about Jesus after this miracle?

(This is of a truth that prophet that should come into the world  
Jesus therefore perceived that they would come and take him by force, to  
make him a king)

Why do you think they wanted to force Jesus to be their king?

He provided a basic physical need to a whole group of more than 5,000  
With the power He demonstrated He could free them

Jesus went to the mountain alone to pray and told His disciples to take the boat back  
across Galilee.

Lets read Matthew since its the only one that tells of Peter walking on water

Matt 14:24-33

24 But the ship was now in the midst of the sea, tossed with waves: for the wind was  
contrary.

25 And in the fourth watch of the night Jesus went unto them, walking on the sea.

26 And when the disciples saw him walking on the sea, they were troubled, saying, It  
is a spirit; and they cried out for fear.

27 But straightway Jesus spake unto them, saying, Be of good cheer; it is I; be not  
afraid.

28 And Peter answered him and said, Lord, if it be thou, bid me come unto thee on  
the water.

29 And he said, Come. And when Peter was come down out of the ship, he walked  
on the water, to go to Jesus.

30 But when he saw the wind boisterous, he was afraid; and beginning to sink, he  
cried, saying, Lord, save me.

31 And immediately Jesus stretched forth his hand, and caught him, and said unto  
him, O thou of little faith, wherefore didst thou doubt?

32 And when they were come into the ship, the wind ceased.

33 Then they that were in the ship came and worshipped him, saying, Of a truth thou  
art the Son of God.

How did His disciples respond to this miracle?

(Of a truth thou art the Son of God)

He fulfilled prophesies about the Messiah

Proverbs 30:4

who hath gathered the wind in his fists, who hath bound the waters in a  
garment.

Job 9:8

[He] spreadeth out the heavens, and treadeth upon the waves of the sea.

What can we learn from Peter's desire to walk out and meet Jesus?

(bid me come unto thee... he walked on the water)

Adrián Ochoa

"I am in awe of Peter's faith. At Jesus's simple invitation to 'come,' he left his storm-tossed ship. He seemed to know that if Jesus Christ invited him to do something, he could do it. Peter trusted the Savior more than he trusted his boat. And that faith gave him power to act with courage during a stressful, frightening situation....

"As he walked toward the Savior, Peter was frightened by the wind and began to sink. But when Peter realized what was happening, he did not try to tread water on his own or swim back to the ship. Rather than let go of his faith in Christ, he held on more tightly, crying, 'Lord, save me. And immediately Jesus stretched forth his hand, and caught him.'...

"The Savior saw in Peter the potential for so much more. 'O thou of little faith,' He said, 'wherefore didst thou doubt?'

"Peter could have resented this rebuke. But he accepted it humbly. He continued to seek greater faith in Jesus Christ. Through many additional faith-building experiences—some of them very, very difficult—Peter eventually became the rock-solid leader the Lord needed him to be. He accomplished great things in the Lord's service." (CR, April 2022)

(when he saw the wind boisterous, he was afraid)

Marcus B. Nash

"Fear distracts from and undermines faith in the Savior. The Apostle Peter looked to the Lord one stormy night and walked on water—until he averted his gaze and 'saw the wind boisterous [and] was afraid' and then sank into the stormy sea. He could have continued walking if he had not feared! Rather than our focusing upon and fearing the boisterous wind and waves in our lives, the Lord invites us to "look unto me in every thought; doubt not, fear not' (D&C 6:36)." (CR, Oct. 2012)

The next day the people whom Jesus fed discovered that He had gone, so they went to the other side of the Sea of Gallali to find Him.

John 6:25-29

25 And when they had found him on the other side of the sea, they said unto him, Rabbi, when camest thou hither?

26 Jesus answered them and said, Verily, verily, I say unto you, Ye seek me, not because ye saw the miracles, but because ye did eat of the loaves, and were filled.

27 Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for him hath God the Father sealed.

28 Then said they unto him, What shall we do, that we might work the works of God?

29 Jesus answered and said unto them, This is the work of God, that ye believe on him whom he hath sent.

Why did they seek Jesus?

(Ye seek me, not because ye saw the miracles, but because ye did eat of the loaves, and were filled)

What did Jesus offer them that was much more valuable?

(that meat which endureth unto everlasting life)

They asked: "what works do we need to perform?"

What is the work they must do to obtain this bread of life?

(This is the work of God, that ye believe on him whom he hath sent)

Dieter F. Uchtdorf

"What shall we do? This was the question the multitude asked Jesus on the banks of the Sea of Galilee. It is a starting question for us as we contemplate becoming disciples of Jesus Christ....

"To all who are searching for answers, truth, and happiness, I do offer the same counsel: keep searching with faith and patience. Ask, and you will receive. Knock, and it will be opened unto you....

"As we set aside pride and approach His throne with a broken heart and a contrite spirit, He will draw near to us. As we seek to follow Jesus Christ and walk the path of discipleship, line upon line, the day will come that we will experience that unimaginable gift of receiving a fulness of joy." (CR, April 2021)

Jesus makes it clear that He is the bread of life and that only thru Him can one have eternal life.

John 6:30-35

30 They said therefore unto him, What sign shewest thou then, that we may see, and believe thee? what dost thou work?

31 Our fathers did eat manna in the desert; as it is written, He gave them bread from heaven to eat.

32 Then Jesus said unto them, Verily, verily, I say unto you, Moses gave you not that bread from heaven; but my Father giveth you the true bread from heaven.

33 For the bread of God is he which cometh down from heaven, and giveth life unto the world.

34 Then said they unto him, Lord, evermore give us this bread.

35 And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

What did the people expect from Jesus before they would believe that He was the promised Messiah?

We need more than just one meal. After all, Moses fed us for 40 years

What was Jesus' response?

(my Father giveth you the true bread from heaven  
he that cometh to me shall never hunger; and he that believeth on me shall never thirst)

Alexander B. Morrison

"If we do not constantly receive the spiritual nourishment needed daily, we will soon—as individuals and societies—be in dire straits, bereft of God's protection, cut off from the healing influences of the Spirit. Just as one who is weakened by malnutrition soon may fall prey to infectious disease, so, too will we, if spiritually weakened, be ready prey for the adversary and his legions of dupes and devils.

"What, then, is the source of the spiritual nourishment we need? Where can it be found? Jesus, as always, had the answer. To the Samaritan woman at Jacob's well, He proclaimed, 'Whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life' (John 4:14)... Jesus, then, is the living water which we require for constant nourishment of our spirits.

"Jesus' position as the source of essential spiritual sustenance is further illustrated in His glorious sermon to the multitude at Capernaum, as described in the sixth chapter of John. 'I am the bread of life,' He said; 'he that cometh to me shall never hunger; and he that believeth on me shall never thirst' (John 6:35).

"Jesus, then, is both the bread of life and the living water needed to nourish our spirits and to keep us spiritually strong." (CR, April 1992)

John 6:47-58

47 Verily, verily, I say unto you, He that believeth on me hath everlasting life.

48 I am that bread of life.

49 Your fathers did eat manna in the wilderness, and are dead.

50 This is the bread which cometh down from heaven, that a man may eat thereof, and not die.

51 I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.

52 The Jews therefore strove among themselves, saying, How can this man give us his flesh to eat?

53 Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you.

54 Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day.

55 For my flesh is meat indeed, and my blood is drink indeed.

56 He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him.

57 As the living Father hath sent me, and I live by the Father: so he that eateth me, even he shall live by me.

58 This is that bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eateth of this bread shall live for ever.

What promises did Jesus make to those who would partake of His flesh and blood?

(hath eternal life and I will raise him up at the last day  
dwelleth in me and I in him)

The people wondered, “How can this man give us his flesh to eat”  
How do we eat His flesh and drink His blood?

James E. Talmage

“To eat the flesh and drink the blood of Christ was and is to believe in and accept Him as the literal Son of God and Savior of the world, and to obey His commandments. By these means only may the Spirit of God become an abiding part of man's individual being, even as the substance of the food he eats is assimilated with the tissues of his body....

“The sacrament of the Lord's supper, established by the Savior on the night of His betrayal, perpetuates the symbolism of eating His flesh and drinking His blood, by the partaking of bread and wine in remembrance of Him.  
(Jesus the Christ, pg. 342-343)

After He taught this sermon on the bread of life many could not accept it and turned away from Him.

John 6:60-66

60 Many therefore of his disciples, when they had heard this, said, This is an hard saying; who can hear it?

61 When Jesus knew in himself that his disciples murmured at it, he said unto them, Doth this offend you?

62 What and if ye shall see the Son of man ascend up where he was before?

63 It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak

unto you, they are spirit, and they are life.

64 But there are some of you that believe not. For Jesus knew from the beginning who they were that believed not, and who should betray him.

65 And he said, Therefore said I unto you, that no man can come unto me, except it were given unto him of my Father.

66 ¶ From that time many of his disciples went back, and walked no more with him.

Just a few days previous He was so popular He had to sneak out to the desert to get some privacy. Now, because of this doctrine, many turn away.

Why do you think Jesus chose not to soften this message since He knew it would turn many away?

Bruce R. McConkie

“Before entering the synagogue in Capernaum to preach his great discourse on the Bread of Life, Jesus was at the height of his popularity. Great multitudes of the common people followed him gladly.... Now the time had arrived to begin to separate the chaff from the wheat, to test the faith of his disciples, to learn who, following him at all hazards, were worthy of him. Unable to believe and accept his strong and plain assertions about eating his flesh and drinking his blood, even many classified as disciples fell away. And this process of sifting, trial, and testing was to continue with increasing intensity for the final climactic year of his mortal ministry.” (Doctrinal New Testament Commentary, 1:361-62)

Albert E. Bowen

“The multitudes followed so long as they were recipients of his material benefactions.... Then when he began to unfold to them the personal requirements devolving upon recipients of his teaching they melted rapidly away, and the record says, ‘They walked no more with him.’ They had no belief. They were seekers after personal gain without appetite for reformation from practices which centered in themselves.” (CR, Oct. 1945)

Do we have any doctrine or principles in the restored gospel that turn people away?

Neal A. Maxwell

“The very process of daily living makes and breaks followers. Life’s stern seasons and storms overturn those not grounded and rooted. However, those who ‘believe and are sure’ (John 6:69) about Jesus’ divinity do not panic, for instance, at the arrival of a new volley of fiery darts; they merely hold aloft the quenching shield of faith.” (CR, Oct. 1988)

Lets read Peter's reply to this turning away

John 6:67-69

67 Then said Jesus unto the twelve, Will ye also go away?

68 Then Simon Peter answered him, Lord, to whom shall we go? thou hast the words of eternal life.

69 And we believe and are sure that thou art that Christ, the Son of the living God.

What does Peter's reply tell us about him?

D. Todd Christofferson

"I don't know if, at that moment, Peter and his Brethren understood what the Lord was teaching any better than the disciples who were now abandoning the Master, but Peter did know by the certain witness of the Spirit that Jesus was the Christ, the Son of the living God and that salvation could be found nowhere else. He was therefore fully committed to follow Jesus regardless. If he had questions, they could be resolved in due course, but he would not be dissuaded from loyalty to the Son of God—setting a wonderful example for us all." (CR, Oct. 2017)

M. Russell Ballard

"As these disciples left, Jesus turned to the Twelve and asked, 'Will ye also go away?' ...

"In that moment, when others focused on what they could not accept, the Apostles chose to focus on what they did believe and know, and as a result, they remained with Christ....

"Today is no different. For some, Christ's invitation to believe and remain continues to be hard—or difficult to accept. Some disciples struggle to understand a specific Church policy or teaching. Others find concerns in our history or in the imperfections of some members and leaders, past and present.... For these and other reasons, some Church members vacillate in their faith, wondering if perhaps they should follow those who 'went back, and walked no more' with Jesus.

"If any one of you is faltering in your faith, I ask you the same question that Peter asked: 'To whom shall [you] go?'" (CR, Oct 2016)