



Wait, What?

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“Wait, what?” Antonio was so confused. “If God is Father, Son, and Holy Spirit, how come the Bible says there is only one God and not three Gods?” That made Katie think of another question, “And how could it be that God could simply say words and create the whole world out of nothing?” That made Deon think of a question, too. “And if Jesus is true God how could he come into this world as a little baby?” Olivia didn’t even raise her hand. She just shouted out her question, “And how could Jesus die if he’s true God?”

So many questions! I bet you could think of more. How did God split the Red Sea for Moses and the Israelites? How did Jesus turn water into wine? How do I get to heaven only by believing in Jesus and not by any work of my own?

If you’ve ever had questions about God or the Bible, you’re not alone! Today’s story tells us about some very confused people. Jesus had been teaching that he was the Bread of Life, meaning that he alone is the one who gives life to people—both life with God and life in heaven. But the people only thought about the bread part. “How can Jesus say he is bread? How are we supposed to eat another person?”

But that’s not what Jesus meant. When Jesus told them that people must eat his flesh and drink his blood, he simply meant that they should believe in him. Kind of like you take in food or drink and it keeps your life going and strengthens you, so when we take in Jesus by faith, he gives us eternal life. But even more, these words of Jesus remind us that later on he gave us a very special meal that we call the Lord’s Supper or Communion. In that meal Jesus does come with his body and blood in the bread and wine for people to eat and drink and receive his forgiveness and comfort.

Sometimes these teachings of Jesus and the Bible are very difficult for our human brains to understand. But that doesn’t mean they aren’t true. Instead, we can pray that Jesus opens our hearts and minds to do the very thing that he teaches—to eat the Bread of Life—to believe in him and receive the life that he gives.

Questions to Consider

Name something about God that is difficult for you to understand.

What should we do if there is something about God that we don’t understand?

What did Jesus mean when he said people should “eat his flesh” and “drink his blood?”

Compare and contrast eating bread to “eating” Jesus, the Bread of Life.

Agree/Disagree: It is comforting to know that God is often beyond our understanding. Explain your answer.

Jesus is obviously not bread. He’s true God and true man. So why would Jesus teach people using picture language like saying he’s the Bread of Life?