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## **John 6:25-35**

**<sup>25</sup> When they found him on the other side of the lake, they asked him, “Rabbi, when did you get here?” <sup>26</sup> Jesus answered, “Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill.**

# **John 6:25-35**

**<sup>27</sup> Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.” <sup>28</sup>**  
**Then they asked him, “What must we do to do the works God requires?”**

# **John 6:25-35**

**29 Jesus answered, “The work of God is this: to believe in the one he has sent.” 30 So they asked him, “What sign then will you give that we may see it and believe you? What will you do?”**

# **John 6:25-35**

**<sup>31</sup> Our ancestors ate the manna in the wilderness; as it is written: ‘He gave them bread from heaven to eat.’” <sup>32</sup> Jesus said to them, “Very truly I tell you, it is not Moses who has given you the bread from heaven,**

## **John 6:25-35**

**but it is my Father who gives you the true bread from heaven. <sup>33</sup> For the bread of God is the bread that comes down from heaven and gives life to the world.” <sup>34</sup> “Sir,” they said, “always give us this bread.”**

# **John 6:25-35**

**<sup>35</sup> Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.”**

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# TYPES OF BREAD

DIFFERENCES BEYOND THE MACROS



## WHITE

Heavily processed to obtain the color and flavor, removing most nutrients.



## WHEAT

**Not the same as whole wheat!**  
A bread made with wheat flour, which is refined white flour. Very similar to white bread with slightly more nutrients.



## WHOLE WHEAT

Made from wheat kernels that have been left intact and not processed. Healthier and more nutrient-rich than wheat bread. **A type of whole grain bread.**



## MULTIGRAIN

**Not the same as whole grain!**  
Simply means the bread was made with multiple grains, possibly including refined and processed grains, leading to less nutrients.

@cheatdaydesign



## WHOLE GRAIN

Made with grains left fully intact. Can contain wheat, whole barley, brown rice, and more, all high in fiber and nutrients.



## SPROUTED GRAIN

Made from grains that have been exposed to warm, moist conditions. Sprouted grains help digestion and increase absorption rate of nutrients in the body.



## SOURDOUGH

Can be any bread above, but made from fermentation rather than yeast, resulting in a more sour taste.



## RYE

Made from rye grain, typically denser and higher in fiber than wheat bread. Can be whole grain.



## PUMPERNICKEL

Made from coarsely ground rye grain and fermented with sourdough starter.

**Jesus - the everlasting bread of life**

Jesus - the everlasting bread of life

Jesus declared, “I am the bread of life.

Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.

John 6:35

# Exodus 3:14

God said to Moses, “I am who I am. This is what you are to say to the Israelites: ‘I am has sent me to you.’”

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**Jesus - the fresh bread of life**

**Jesus - the fresh bread of life**

**Jesus declared, “I am the bread of life.”**

**Whoever comes to me will never go hungry,  
and whoever believes in me will never be  
thirsty.**

**John 6:35**

**Jesus - the fulfilling bread of life**

Jesus - the fulfilling bread of life

Jesus declared, “I am the bread of life.

Whoever comes to me will never go  
hungry, and whoever believes in me will  
never be thirsty.

John 6:35

So how can I tell when  
I'm hungry or thirsty?

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# John 6:51

I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world.”

# **Jesus - the bread of life**

**1. E-xamine for truth**

**2. A-im for understanding**

**3. T-hink to apply**

**Jesus - the bread of life**

**E.A.T. the word and live!**

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## *John 6:67-69*

**“You do not want to leave too, do you?”**

**Jesus asked the Twelve. Simon Peter**

**answered him, “Lord, to whom shall we go?**

**You have the words of eternal life. We have**

**come to believe and to know that you are the**

**Holy One of God.”**

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