

Have you ever heard the term “superfood”? A superfood is a food that is especially good for you.¹ Dark Green Leafy Vegetables like kale and spinach are superfoods. Avocado is a superfood. Wouldn't it be great if there were a superfood that you could eat and you would live forever? Today Jesus says, **“I am the living bread that came down from heaven. Whoever eats this bread will live forever.” (John 6:51)** Jesus is the ultimate superfood. **Whoever eats this bread** (that means “whoever believes in Jesus”) **will live forever.**

Last week we heard Jesus point out one weakness with earthly bread: it spoils. Today Jesus points out another weakness with earthly bread: it doesn't keep you alive forever. Jesus says, **“Your ancestors ate the manna in the wilderness, yet they died” (John 6:49).** You might remember from last week that the crowd wanted Jesus to give them more physical bread, just like the Israelites ate manna in the wilderness. But today Jesus says to them, “Your ancestors ate the manna in the wilderness, but that manna didn't keep them alive forever.” Superfoods have antioxidants and nutrients that will nourish your body and make it strong and healthy. But even superfoods can't keep you alive forever. What we need is a bread that will keep us alive forever. And Jesus says, “I am that bread. I am the bread of life. I am the bread that will keep you alive forever.”

The reason that earthly bread will not keep us alive forever is that it is from this earth. And ever since Adam and Eve fell into sin everything on this earth dies. Whether it's plants or animals or people, everything on this earth dies. What we need is a bread that's not from this earth. What we need is a bread from heaven. Jesus says, “But here is the bread that came down from heaven, which anyone may eat and not die. I am the living bread that came down from heaven.” (John 6:50-51) Jesus came down from heaven to give us the life of heaven. When we believe in Jesus we have heavenly life in us and we will live forever. Jesus says, **I am the living bread that came down from heaven. Whoever eats this bread will live forever.” (John 6:51)**

What does it mean to eat the bread that came down from heaven? “To eat the bread that came down from heaven” means to believe in Jesus as your Savior from sin. Jesus says, **“Very truly I tell you the one who believes has eternal life.” (John 6:47)** Eat the bread of heaven. Believe in Jesus and you will live forever.

The crowd in today's passage refused to believe in Jesus. The reason they refused to believe was because they made assumptions based on what they could see. Our passage says, **“At this the Jews there began to grumble about him because he said, ‘I am the bread that came down from heaven.’ They said, ‘Is this not Jesus, the son of Joseph, whose father and mother we know? How can he now say ‘I came down from heaven?’” (John 6:41-42).** Jesus said that he had come down from heaven, and the crowd thought, “Well that can't be true. We know his father and mother. Jesus must have come from his father and mother. And if he came from his father and mother then he must not have come down from heaven.” The crowd made an assumption based on what they could see.

Actually their assumption was wrong. Joseph was not Jesus' biological father. Jesus was born of a virgin. Jesus always existed as the Son of God and he came down from heaven and became a human being in the womb of the virgin Mary. Jesus did actually come down from heaven, but the crowd made an assumption based on what they could see.

Today we are talking about the fact that believers in Jesus live forever. But someone might object, “Believers in Jesus still. So apparently believers in Jesus don't live forever.” That would be an assumption based on what you can see. And assumptions based on what we can see are not always reliable. But our Bible passage for today gives us two things that are completely reliable: the teaching of the Father and the word of Jesus.

When you are tempted to doubt based on what you can see remember that you have the teaching of the Father. Our passage says, **“Stop grumbling among yourselves,” Jesus answered, “No one can come to me unless**

¹ <https://www.healthline.com/nutrition/true-superfoods#section1>

the Father who sent me draws them, and I will raise them up at the last day. It is written in the prophets: "They will all be taught by God." Everyone who has heard the Father and learned from him comes to me (John 6:43-45a). When you are tempted to doubt based on what you can see, remember that you have the teaching of the Father. And the teaching of the Father is that believers in Jesus live forever. Not only do you have the teaching of the Father, you also have the word of Jesus.

Jesus says, **"Very truly I tell you, the one who believes has eternal life."** (6:47) Jesus says, "Very truly I tell you." He is not lying to us. He is telling us the truth. **"Very truly I tell you, the one who believes has eternal life."** (6:47) Jesus has given his word. The next time you are in a room with a believer who is dying cling to the promise of Jesus that whoever believes in him has eternal life.

The Bible teaches that when believers die, their souls go to heaven to be with Jesus. One time Jesus was talking to Martha. Martha's brother Lazarus had just died but Jesus said to Martha, **"Whoever believes in me will live even though they die and whoever lives by believing in me will never die"** (John 11:25-26). When believers die their souls to heaven to be with Jesus.

Martin Luther was very good at holding to the word of Jesus even when it seemed to contradict what his eyes were telling him. He believed the word of Jesus that when a Christian dies they go to heaven. He believed it so much that he wrote in his Small Catechism: **"Deliver us from evil." What does this mean? "In conclusion, we pray in this petition that our Father in heaven would deliver us from every evil that threatens body and soul, property and reputation, and finally, when our last hour comes, grant us a blessed end and graciously take us from this world of sorrow to himself in heaven."** Luther believed the word of Jesus that when a believer dies God takes them from this world of sorrow to himself in heaven.

And then on the Last Day Jesus will also raise our bodies from the dead. Jesus says, **"No one can come to me unless the Father who sent me draws them, and I will raise them up at the last day."** (John 6:44) When Jesus comes back on the Last Day he is going to raise our bodies from the dead only they won't be frail anymore, they will be immortal and indestructible, coursing with life. Jesus says, **"I am the bread of life."** (6:50) He is the bread who gives life. Eat this bread and you will live forever.

Superfoods can nourish our body for a little while. But cling to the word of Jesus and the teaching of the Father and you will live forever. Eat this bread. Believe in Jesus and you will live forever. Amen.