



*Life Found Only
Through Christ*

A Teaching Outline

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Life in Christ

John 1:4

In Him was life, and the life was the Light of men.

"The darkness can never extinguish it" means the darkness of evil never has and never will overcome God's light. Jesus Christ is the Creator of life, and his life brings light to humankind. In his light, we see ourselves as we really are (sinners in need of a Savior).

When we follow Jesus, the true Light, we can avoid walking blindly and falling into sin. He lights the path ahead of us so we can see how to live. He removes the darkness of sin from our lives. In what ways have you allowed the light of Christ to shine into your life? Let Christ guide your life, and you'll never need to stumble in darkness.

Jesus is the way, the truth and the life.

John 14:6

Jesus said to him, "I am the way, and the truth, and the life; no one comes to the Father but through Me.

This is one of the most basic and important passages in Scripture. How can we know the way to God? Only through Jesus. Jesus is the way because he is both God and man. By uniting our lives with his, we are united with God. Trust Jesus to take you to the Father, and all the benefits of being God's child will be yours.

John 10:10

"The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly.

In contrast to the thief who takes life, Jesus gives life. The life he gives right now is abundantly rich and full. It is eternal, yet it begins immediately.

Life in Christ is lived on a higher plane because of his overflowing forgiveness, love, and guidance. Have you taken Christ's offer of life?

Romans 5:18

So then as through one transgression there resulted condemnation to all men, even so through one act of righteousness there resulted justification of life to all men.

We were all born into Adam's physical family—the family line that leads to certain death. All of us have reaped the results of Adam's sin. We have inherited his guilt, a sinful nature (the tendency to sin), and God's punishment.

Because of Jesus, however, we can trade judgment for forgiveness. Christ offers us the opportunity to be born into his spiritual family—the family line that begins with forgiveness and leads to eternal life.

If we do nothing, we receive death through Adam; but if we come to God by faith, we receive life through Christ. To which family line do you now belong?

Jesus is the bread of life.

John 6:48

"I am the bread of life.

The religious leaders frequently asked Jesus to prove to them why he was better than the prophets they already had. Jesus here referred to the manna that Moses had given their ancestors in the wilderness (see Exodus 16). This bread was physical and temporal. The people ate it, and it sustained them for a day. But they had to get more bread every day, and this bread could not keep them from dying. Jesus, who is much greater than Moses, offers himself as the spiritual bread from heaven that satisfies completely and leads to eternal life.

The bread of God gives light to the world.

John 6:33

"For the bread of God is that which comes down out of heaven, and gives life to the world."

Many sincere seekers for God are puzzled about what he wants them to do. The religions of the world are people's attempts to answer this question. But Jesus' reply is brief and simple: We must believe on him whom God has sent. Satisfying God does not come from the work we *do*, but from whom we *believe*.

The first step involves accepting that Jesus is who he claims to be. All spiritual development is built on this affirmation. Declare to Jesus, "You are the Messiah, the Son of the living God" (Matthew 16:16), and embark on a life of belief that is satisfying to your Creator.

The father gives food that endures to eternal life.

John 6:27

"Do not work for the food which perishes, but for the food which endures to eternal life, which the Son of Man will give to you, for on Him the Father, God, has set His seal."

People eat bread to satisfy physical hunger and to sustain physical life. We can satisfy spiritual hunger and sustain spiritual life only by a right relationship with Jesus Christ. No wonder he called himself the bread of life. But bread must be eaten to sustain life, and Christ must be invited into our daily walk to sustain spiritual life.

Jesus is the Living Bread from heaven.

John 6:51

"I am the living bread that came down out of heaven; if anyone eats of this bread, he will live forever; and the bread also which I will give for the life of the world is my flesh."

How can Jesus give us his flesh as bread to eat? To eat living bread means to accept Christ into our lives and become united with him.

We are united with Christ in two ways:

- (1) By believing in his death (the sacrifice of his flesh) and resurrection and
- (2) By devoting ourselves to living as he requires, depending on his teaching for guidance and trusting in the Holy Spirit for power.

Those who eat the bread of heaven will live forever.

John 6:58

"This is the bread which came down out of heaven; not as the fathers ate and died; he who eats this bread will live forever."

This was a shocking message—to eat flesh and drink blood sounded cannibalistic. The idea of drinking any blood, let alone human blood, was repugnant to the religious leaders because the law forbade it (Leviticus 17:10, 11).

Jesus was not talking about literal blood, of course. He was saying that his life had to become their own, but they could not accept this concept. The Gospel writers as well as the apostle Paul used the body and blood imagery in talking about Communion (see 1 Corinthians 11:23-26).

An invitation is given.

Rev. 3:20

Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.

To ask Jesus to come into your heart please pray this Prayer:

Dear Lord Jesus, I believe you are the Christ, the Son of the Living God. I ask you to forgive me of my sins and coming into my heart. I accept you as savior and will follow you as Lord. Amen.

References:

Holy Bible: King James Translation

Additional comments and charts are taken from: *Life Application Study Bible*. Illinois: Tyndale House 2007. Print