

# GROWING STRONGER TOGETHER

## GROUP GUIDE

This guide is designed to help you experience deeper intimacy with Jesus and build meaningful, lasting relationships with others. Get together with friends or find a group by visiting [brookwoodchurch.org/groups](http://brookwoodchurch.org/groups). Let's grow stronger together!

Based on the Message:

***Wake Us Up***

September 28, 2025

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### Connect

- What has God been saying to you over the past couple weeks?
- How can you arrange your life to deepen and secure intimacy with God in an hour like this?

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### Pray

Spend a few minutes releasing your cares and worries to God. Draw your attention to the One who knows you and cares about you far beyond what you can think or imagine.

You might pray, *God I trust You with...* (then name things that come to mind).

A simple centering prayer: God, You are the source of all that is good and beautiful and right. We pray You'd fill us with more of Your life. Help us grow deeper in Your love. Restore our union with You. We pray You'd give us strength to endure, wisdom to choose what's right, and a hope that anchors our souls. Protect us from the evil one who seeks to steal, kill and destroy. Move us beyond only looking at our own needs, and fill us with a deep love for each other. May Brookwood become a community that's continually growing stronger together. Amen.

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## Study and Discussion

### John 6:35-58 (NIV)

<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. <sup>36</sup>But as I told you, you have seen Me and still you do not believe. <sup>37</sup>All those the Father gives Me will come to Me, and whoever comes to Me I will never drive away. <sup>38</sup>For I have come down from heaven not to do My will but to do the will of Him who sent Me. <sup>39</sup>And this is the will of Him who sent me, that I shall lose none of all those He has given Me, but raise them up at the last day. <sup>40</sup>For My Father’s will is that everyone who looks to the Son and believes in Him shall have eternal life, and I will raise them up at the last day.”

<sup>41</sup>At this the Jews there began to grumble about Him because He said, “I am the bread that came down from heaven.” <sup>42</sup>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’?”

<sup>43</sup>“Stop grumbling among yourselves,” Jesus answered. <sup>44</sup>“No one can come to Me unless the Father who sent Me draws them, and I will raise them up at the last day. <sup>45</sup>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. <sup>46</sup>No one has seen the Father except

the One who is from God; only He has seen the Father. <sup>47</sup>Very truly I tell you, the one who believes has eternal life. <sup>48</sup>I am the bread of life. <sup>49</sup>Your ancestors ate the manna in the wilderness, yet they died. <sup>50</sup>But here is the bread that comes down from heaven, which anyone may eat and not die.

<sup>51</sup>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.”

<sup>52</sup>Then the Jews began to argue sharply among themselves, “How can this man give us His flesh to eat?”

<sup>53</sup>Jesus said to them, “Very truly I tell you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you. <sup>54</sup>Whoever eats My flesh and drinks My blood has eternal life, and I will raise them up at the last day. <sup>55</sup>For My flesh is real food and My blood is real drink. <sup>56</sup>Whoever eats My flesh and drinks My blood remains in Me, and I in them. <sup>57</sup>Just as the living Father sent Me and I live because of the Father, so the one who feeds on Me will live because of Me. <sup>58</sup>This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever.”

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1. After miraculously feeding the 5,000 (John 6:1-15). What does Jesus mean by claiming He is the bread of life?
  2. How would you describe the hunger and thirst Jesus is talking about?
  3. Read Exodus 16:4. What are similarities and differences between manna and the bread of life?
  4. Unlike physical bread, which only satisfies for a moment, Jesus nourishes our souls eternally. He is the only one who can satisfy the deep spiritual hunger every human carries. What are examples of what it looks like to feed on this bread?

*Tell me what you eat and  
I will tell you who you are.*

Jean Anthelme Brillat-Savarin

5. What promises does Jesus make in this passage?
6. Who are these promises for?
7. What does it mean to *eat the flesh of the Son of Man and drink His blood*?
8. The word *grumble* (or murmur) is the confused sound that runs through a crowd when they are angry and in opposition. Why was Jesus' teaching so difficult for the Jews to believe?
9. When the Jews heard this teaching, they didn't have the rest of the story. How does knowing the rest of the story help you understand what Jesus was trying to teach them?
10. In Jesus' day, bread was not a luxury item. It was a staple, a basic food that sustained life. In what ways does Jesus nourish and sustain you?
11. How does this passage help you relate to those who don't believe in Jesus?
12. If you were to help someone see Jesus more clearly, how can this passage help you?
13. What does it mean to you personally that Jesus is the bread of life?
14. What stands in the way of finding your complete satisfaction in God?
15. If someone asked you what this passage means, how would you summarize it?

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## Application

How can you apply the principle of Jesus' satisfaction of spiritual hunger and thirst in your daily life? Pause and ask God what He wants you to know and allow a time of silence to listen for His voice and direction. Jot down some notes, share with the group and pray for each other.

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## Scripture Memory

Memorizing Scripture enables you to carry the life-shaping words of God in you at all times and in all places. Here's a verse to store in your heart and mind based on this week's theme:

*"This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever."*

**John 6:58 (NIV)**