

Flavour
ORIGINAL

Complan®

The Complete Nutritional Meal in a Drink

- ✓ Rich in Iron and Calcium
- ✓ 24 Vitamins and Minerals
- ✓ Source of Energy

Delicious,
nutritious
and for
the whole
family.

NET WT. 400 g

The people of Israel called the bread manna. It was white like coriander seed and tasted like wafers made with honey.

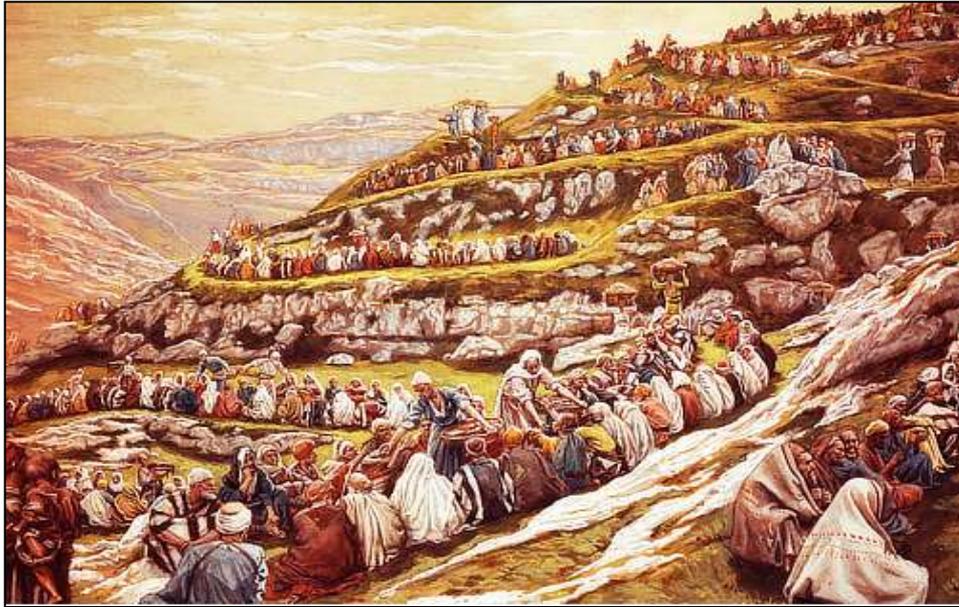
Exodus 16:31



He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD.

Deuteronomy 8:3

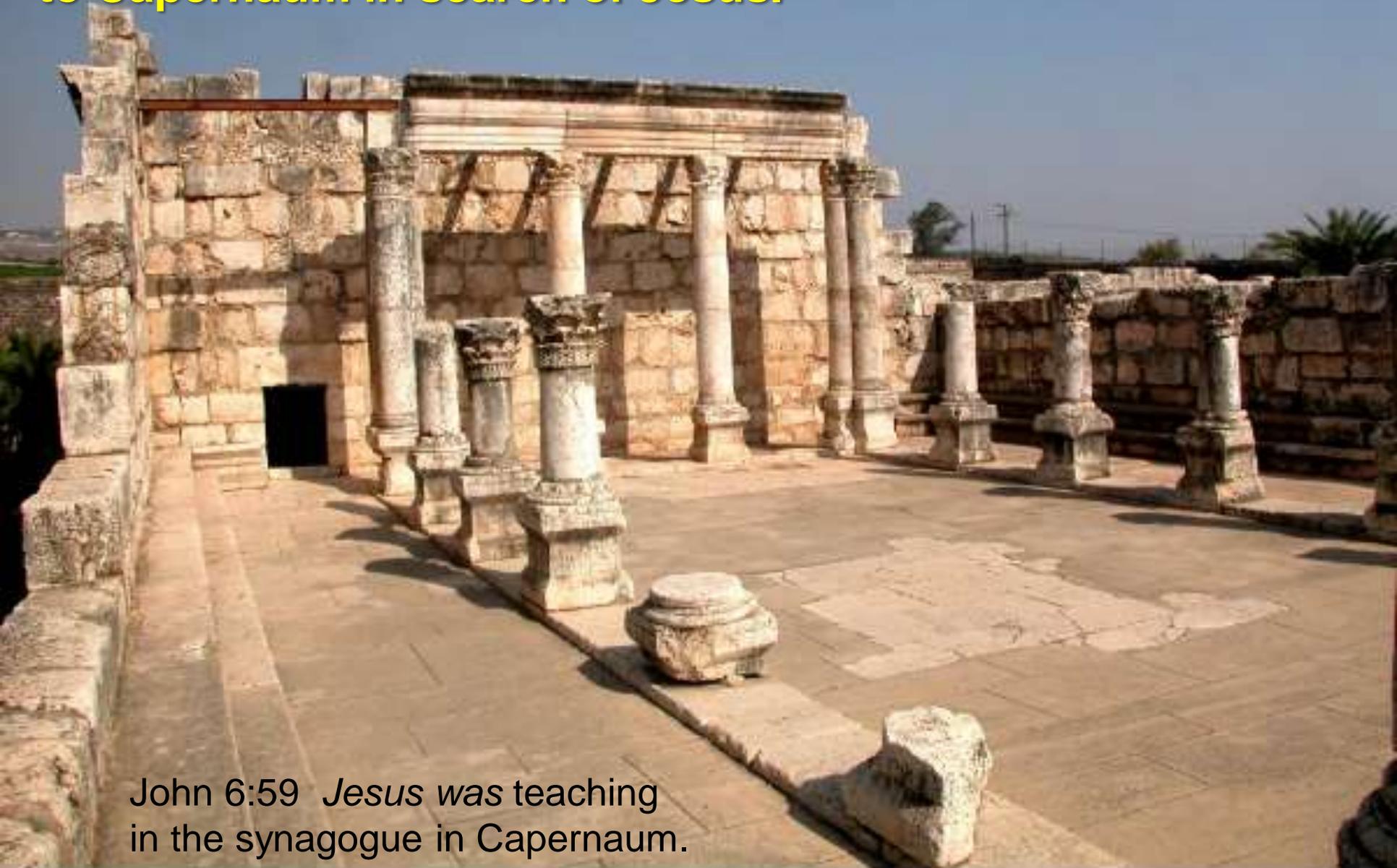
The day after feeding 5000



On the western side of the lake



John 6:24 Once the crowd realized that neither Jesus nor his disciples were there, they got into the boats and went to Capernaum in search of Jesus.



John 6:59 *Jesus was teaching in the synagogue in Capernaum.*

When they found him on the other side of the lake, they asked him, "Rabbi, when did you get here?" 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.

What was their motive ?



John 6:27 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."



Vs.

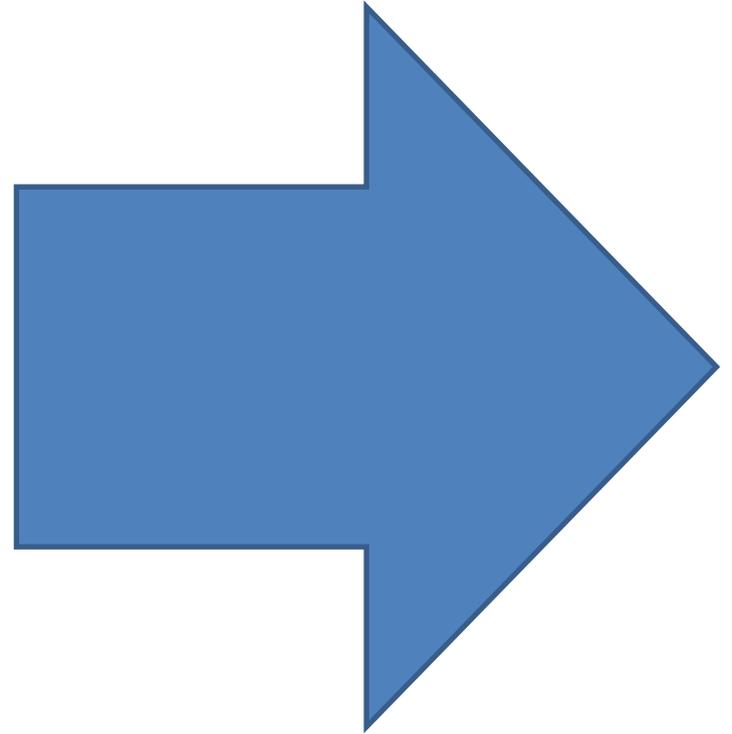


Then they asked him,
"What must we do to do the works God requires?"



Jesus answered,
"The work of God is this: to **believe in** the one he has sent."

believe.

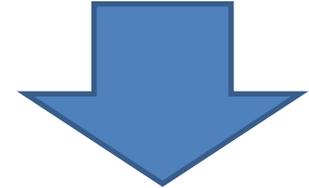
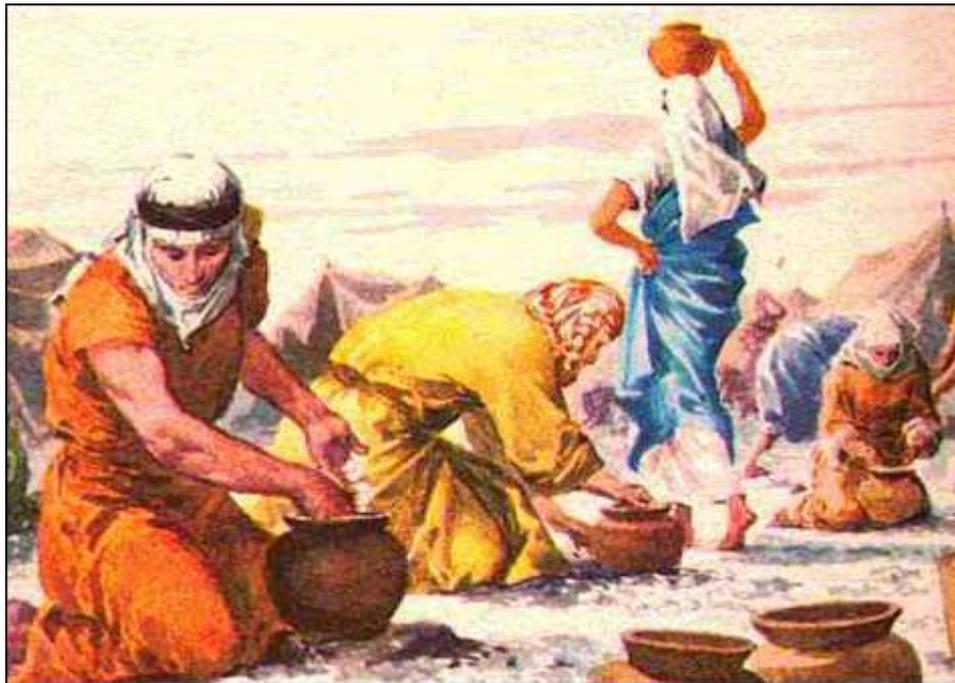
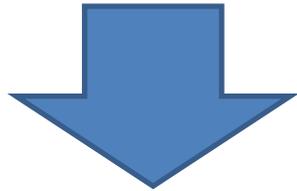


So they asked him, "What sign then will you give that we may see it and **believe** you? What will you do? Our ancestors ate the manna in the wilderness; as it is written: 'He gave them bread from heaven to eat.'"



Jesus said to them, "Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven.

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



"Sir," they said, "always give us this bread."



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."

**I AM
THE BREAD
OF LIFE**



But as I told you, you have seen me
and still you do not believe.



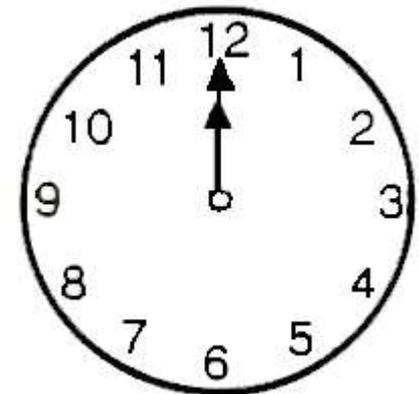
All those the Father gives me will come to me,
and whoever comes to me I will never drive away.



For I have come down from heaven not to do my will but to do the will of him who sent me. 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.



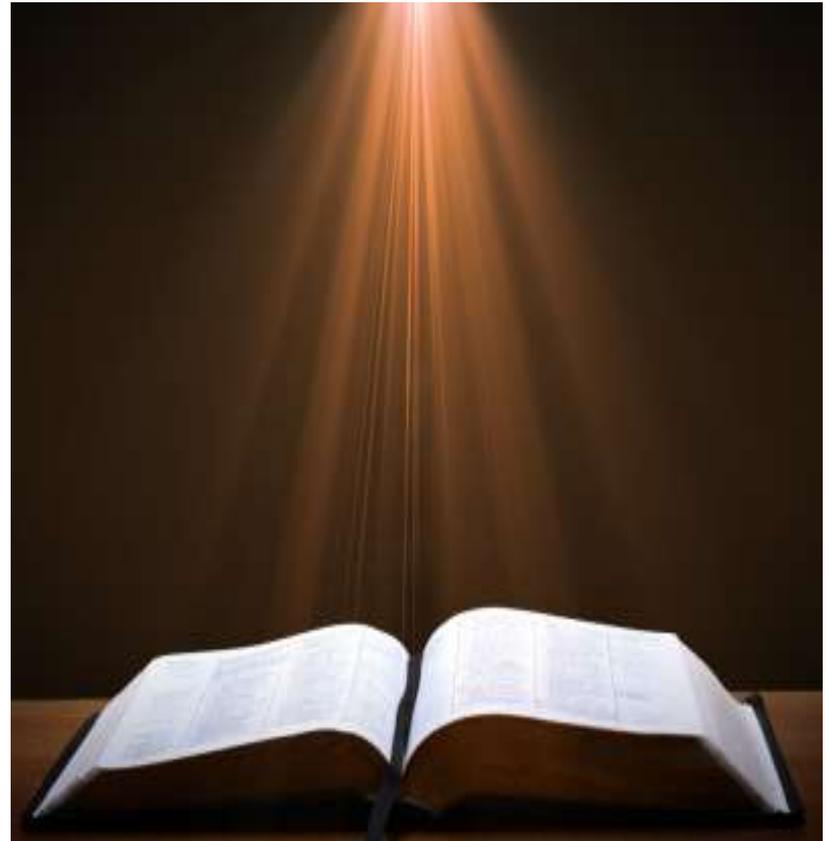
For my Father's will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day."



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'?"



"Stop grumbling among yourselves," Jesus answered. "No one can come to me unless 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.



No one has seen the Father except the one who is from God;
only he has seen the Father.
Very truly I tell you, the one who believes has eternal life.



I am the bread of life. Your ancestors ate the manna in the wilderness, yet they died. But here is the bread that comes down from heaven, which anyone may eat and not die.
I am the **living bread** that came down from heaven.

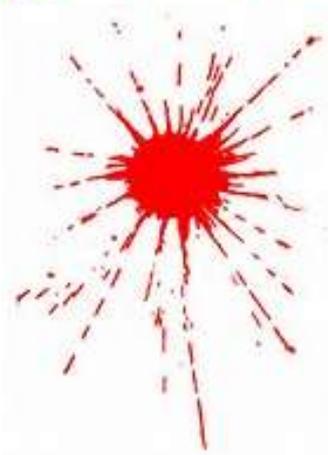


Whoever eats this bread will live forever.
This bread is my flesh, which I will give for the life of the world."



Then the Jews began to argue sharply among themselves,
"How can this man give us his flesh to eat?"

CANNIBALS



???

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. Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. For my flesh is real food and my blood is real drink.

Literal, Physical

or

**Spiritual, Symbolic
???**



**What do "eat" and "drink" mean here ?
To believe, trust in, take on-board**

Whoever eats my flesh and drinks my blood remains in me,
and I in them.



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.



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



The Lord Jesus Christ says:-

I AM
THE BREAD
OF LIFE

You can have eternal life if:-

- 1, You believe he gave his life as the sacrifice for your sins
- 2, Receive him into your life by the Holy Spirit
- 3, Depend on him daily to maintain that life within you