

1. **Watch chapter 8** from The Complete Learning System, *Bread From Heaven* DVD.

2. **Read:** John 6:35, 51

“I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst. ... I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.”

3. After Jesus had fed five thousand people with just five loaves of bread and two fishes, some people followed Him for the wrong reason. They wanted Him to provide food for them again and again. Jesus told them that they should seek for spiritual food that would give them eternal life. He said that they should believe in Him and follow Him. “He that believeth on me hath everlasting life. I am that bread of life.” (See John 6:45–48.)

What was Jesus teaching them? (Discuss ideas. Emphasize that He was teaching them that He was the Son of God, that they could have eternal life through Him and how to seek spiritual food.)

4. “God reveals Himself and His eternal truths—the spiritual food that the scriptures call the bread of life and the living water—to those who seek, who serve, who keep His commandments, and who wait and listen in humility for His teaching. ... We know the principal sources of spiritual food: prayer, studying the scriptures, attending inspirational meetings, singing the hymns of Zion, serving in our callings, fasting, partaking of the sacrament, and making other covenants, such as in the temple.” *Dallin H. Oaks, Liahona, Aug 2001*
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5. **How does nourishing our spirits help us?** (Discuss ideas.)

“As we nourish our spirits, we grow in strength. Just as properly caring for our bodies contributes to physical well-being, caring for our spirits increases our spiritual capacities, sustains us in trials, and makes us more able to follow the Savior and accomplish our life’s work.” *Ensign, Apr 1996* © *Intellectual Reserve, Inc. All rights reserved.*

6. **How can we help nourish others spiritually?** (Discuss ideas.)

7. **Why is it important to nourish our spirits daily?** (Discuss ideas.)

“If we do not constantly receive the spiritual nourishment needed daily, we will soon—as individuals and societies—be in dire straits, bereft of God’s protection, cut off from the healing influences of the Spirit. Just as one who is weakened by malnutrition soon may fall prey to infectious disease, so, too will we, if spiritually weakened, be ready prey for the adversary and his legions of dupes and devils.” *Alexander B. Morrison, Ensign, May 1992* © *Intellectual Reserve, Inc. All rights reserved.*

8. **What does it mean to eat the bread of life?** (Discuss ideas.)

9. **How does partaking of the sacrament nourish our spirits?** (Discuss ideas.)

“I am a witness that there is a spirit attending the administration of the sacrament that warms the soul from head to foot; you feel the wounds of the spirit being healed, and the load being lifted. Comfort and happiness come to the soul that is worthy and truly desirous of partaking of this spiritual food.”
by Melvin J. Ballard, *Crusader for Righteousness*, Bookcraft (1966)

10. “Cherish and nourish your spiritual life. Seek spiritual growth at the same time that you are seeking to enlarge your learning in other areas. Nourish your spirit just as regularly as you nourish your body or mind.”
Dallin H. Oaks, Ensign, Dec 1971 © *Intellectual Reserve, Inc. All rights reserved.*