

## SS1 CRS – Week 2

Topic: Jesus as the Living Bread and the Living Water

 John 4:7–25; John 6:25–59

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### INTRODUCTION

In this lesson, we study two powerful descriptions Jesus gave about Himself:

Living Water – offered to the Samaritan woman at the well.

Living Bread – offered to the crowd after the miraculous feeding.

These are spiritual metaphors. Just as bread and water are essential for physical survival, Jesus is essential for spiritual life and eternal survival.

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## PART A: JESUS AS THE LIVING WATER

 John 4:7–25

### ➤ Background:

Jesus was traveling through Samaria and sat beside Jacob's well.

A Samaritan woman came to draw water, and Jesus asked her for a drink.

She was surprised because Jews had no

dealings with Samaritans.

➤ What is the "Living Water"?

Jesus told her that if she knew who was asking, she would have asked Him for "living water".

He said, "Whoever drinks of this water will thirst again, but whoever drinks of the water I give will never thirst."

➤ Spiritual Meaning:

The living water refers to:

The Holy Spirit

Salvation

Eternal life

## ➤ Key Lessons:

1. Spiritual thirst can only be quenched by Jesus.
2. Jesus breaks social and cultural barriers (He spoke to a woman and a Samaritan).
3. Jesus offers salvation to all, regardless of background.
4. The woman later believed in Jesus and became an evangelist in her town.

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## PART B: JESUS AS THE LIVING BREAD

 John 6:25–59

### ➤ Background:

This occurred after the feeding of the 5,000.

The crowd followed Jesus for more food.

Jesus told them not to work for food that spoils but for food that leads to eternal life.

### ➤ What is the "Living Bread"?

Jesus said: "I am the Bread of Life; whoever comes to Me shall not hunger."

He compared Himself to manna that God gave to the Israelites in the wilderness.

He explained that the manna only satisfied temporarily, but He gives eternal life.

➤ Spiritual Meaning:

Living bread = Jesus Himself.

Believing in Him = eating the living bread.

It means total faith, acceptance, and dependence on Jesus.

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COMPARISON OF SYMBOLS

Symbol	Source	Meaning
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Living Water	John 4:14	Eternal life, Holy Spirit, spiritual satisfaction
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Living Bread	John 6:35	Jesus as the source of eternal nourishment
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## SIGNIFICANCE TO CHRISTIAN LIFE

1. Jesus gives life – not just biological life, but spiritual and eternal life.

2. Jesus is necessary for salvation – just as food and water are needed daily, so is Jesus.

3. We must trust Him completely, believing in His death and resurrection.

4. We are called to worship in spirit and in truth, just like He taught the Samaritan woman.

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## 💡 MORAL & SPIRITUAL LESSONS

1. True satisfaction in life comes only from Jesus.

2. Salvation is for everyone – regardless of race, gender, or past sins.



3. We must share our testimony just as the Samaritan woman did.

4. A genuine relationship with Christ involves trust, obedience, and spiritual growth.

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## MEMORY VERSES

John 4:14 – “Whoever drinks the water I give them will never thirst.”

John 6:35 – “I am the bread of life. Whoever comes to me will never go hungry.”

John 6:51 – “I am the living bread that came down from heaven. Whoever eats this bread will live forever.”

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## EVALUATION / CLASS ACTIVITY

1. What is the meaning of “Living Water”?
2. What lesson can we learn from Jesus’ encounter with the Samaritan woman?
3. How is Jesus the “Living Bread”?
4. How do these two symbols relate to the Christian journey?

5. Why did Jesus compare Himself to manna in the wilderness?

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## CONCLUSION

Jesus used everyday necessities—bread and water—to explain how essential He is for eternal life. He alone can quench our spiritual thirst and feed our hungry souls. Accepting Him means receiving life, fulfillment, and peace that never ends.

