

Prayerfully study this material and seek to know what to share. How will understanding the life and mission of the Savior increase your faith in Him and bless those you watch over through visiting teaching? For more information, go to reliefsociety.lds.org.

The Divine Mission of Jesus Christ: Bread of Life

This is part of a series of Visiting Teaching Messages featuring aspects of the mission of the Savior.

Jesus said, “I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever” (John 6:51). “Jesus teaches us, His disciples, that we should look to God each day for the bread—the help and sustenance—we require in that particular day,” said Elder D. Todd Christofferson of the Quorum of the Twelve Apostles. “The Lord’s invitation . . . speaks of a loving God, aware of even the small, daily needs of His children and eager to assist them, one by one. He is saying that we can ask in faith of that Being ‘that giveth to all men liberally, and upbraideth not; and it shall be given’ (James 1:5).”¹ As we understand that Jesus Christ will provide for our needs, we will turn to Him for our spiritual sustenance.

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles invites us “to join in the adventure of the earliest disciples of Christ who also



yearned for the bread of life—those who did *not* go back but who came to Him, stayed with Him, and who recognized that for safety and salvation there was no other to whom they could ever go.”²

Additional Scriptures

John 6:32–35; Alma 5:34; 3 Nephi 20:3–8

NOTES

1. D. Todd Christofferson, “Recognizing God’s Hand in Our Daily Blessings,” *Ensign*, Jan. 2012, 17; *Liahona*, Jan. 2012, 25.
2. Jeffrey R. Holland, “He Hath Filled the Hungry with Good Things,” *Ensign*, Nov. 1997, 65; *Liahona*, Jan. 1998, 76.

Consider This

When we come unto Christ, how does He nourish us?



Faith, Family, Relief

From the Scriptures

Jesus Christ was teaching a multitude of more than 4,000 people. After three days, He said to His disciples: “I have compassion on the multitude, because they have . . . nothing to eat:

“And if I send them away fasting to their own houses, they will faint by the way. . . .

“And his disciples answered him, From whence can a man satisfy these men with bread here in the wilderness?

“And [Jesus] asked them, How many loaves have ye? And they said, Seven.”

Then Christ “took the seven loaves, and gave thanks, and brake, and gave to his disciples to set before them; . . .

“And they had a few small fishes: and he blessed, and commanded to set them also before them.

“So they did eat, and were filled: and they took up of the broken meat that was left seven baskets.” (See Mark 8:1–9.)