

## CHRIST – THE BREAD OF LIFE

### DAILY READINGS:

Monday: Exodus 16:1-18  
 Tuesday: Exodus 16:19-36  
 Wednesday: I Corinthians 10:1-17  
 Thursday: John 6:1-14  
 Friday: John 6:15-29  
 Saturday: John 6:30-51  
 Sunday: John 6:52-71

### John 6:35

**And Jesus said unto them, I am the bread of life:  
 he that cometh to me shall never hunger; and he that believeth on me shall never thirst**

耶穌說：我就是生命的糧。  
 到我這裡來的，必定不餓；信我的，永遠不渴。

### INTRODUCTION:

In the previous lesson on Christ our Passover, it was mentioned that the passover lamb served two purposes. His blood provided safety and salvation, while his roasted body provided a meal for the inhabitants of the sheltered home. While many grasp quickly the idea that the blood of Christ provides salvation and security for the believer, many seem to overlook and neglect the instruction regarding feeding on the lamb. It is true that the blood, and only the blood, is necessary for salvation. But it is equally true that only a "well-fed" believer can be a vibrant and triumphant Christian. This lesson explores the teaching of Christ, the Bread of life, providing our needs for strength and growth.

### LESSON NOTES:

**Manna:** It was only thirty days after their solemn and miraculous deliverance from the brick-kilns of Egypt that the Israelites murmured against Moses in the wilderness "between Elim and Sinai" (EX. 16:1). They had already experienced the strong arm of God on their behalf not only on the Passover night but three days later when the army of Pharaoh suffered total defeat. Both of these victories were of the grace and mercy of God. The Israelites were totally incapable of helping themselves. But how quickly the heart forgets the goodness and power of God. No sooner did they feel the pressure of hunger than they "murmured against Moses and Aaron in the wilderness" (vs. 2).

Exodus 16:1	And they took their journey from Elim, and all the congregation of the children of Israel came unto the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after their departing out of the land of Egypt. 以色列全會眾從以琳起行，在出埃及後第二個月十五日到了以琳和西乃中間、汛的曠野。
Exodus 16:2	And the whole congregation of the children of Israel murmured against Moses and Aaron in the wilderness: 以色列全會眾在曠野向摩西、亞倫發怨言，

It is true that naturally speaking prospects前途 looked bleak. Egypt was behind them, Canaan before them, and all around them the sands of the desert. The wilderness afforded not one blade of grass nor one

drop of water for the Israel of God. The way of God always looks bleak to the natural man. The natural man's primary concern is for his appetite. But God had brought the Israelites into this place for a purpose. He alone wanted to supply their need. He wanted them to depend solely on Him. Jehovah Himself wanted to be their portion.

Thus God provided manna. This strange heavenly food was so named because the people did not know what it was (vs. 15). The heavenly manna had some interesting characteristics. Manna was "bread" rained down from heaven (vs. 4). Each day's provision gave "bread to the full" (vss. 8, 12). Only enough for one day was provided; that which was hoarded (except for the Sabbath portion) spoiled (vs. 20). Manna appeared after the dew rose but had to be gathered before the sun came up and melted it (vss. 14, 21). In appearance and taste, it was "small, round, white, like coriander seed" and tasted like "wafers of honey" (vss. 14, 31). For forty years, this miraculous provision took place daily without fail.

Exodus 16:15	<p>And when the children of Israel saw it, they said one to another, It is manna: for they wist (<i>know</i>) not what it was. And Moses said unto them, This is the bread which the LORD hath given you to eat.</p> <p>以色列人看見，不知道是甚麼，就彼此對問說：這是甚麼呢？摩西對他們說：這就是耶和華給你們吃的食物。</p>
Exodus 16:4	<p>Then said the LORD unto Moses, Behold, I will <b>rain</b> bread from heaven for you; and the people shall go out and gather a certain rate every day, that I may prove them, whether they will walk in my law, or no.</p> <p>耶和華對摩西說：我要將糧食從天降給你們。百姓可以出去，每天收每天的分，我好試驗他們遵不遵我的法度。</p>
Exodus 16:8, 12	<p><sup>8</sup>And Moses said, This shall be, when the LORD shall give you in the evening flesh to eat, and in the morning bread to the full; for that the LORD heareth your murmurings which ye murmur against him: and what are we? your murmurings are not against us, but against the LORD.</p> <p>摩西又說：耶和華晚上必給你們肉吃，早晨必給你們食物得飽；因為你們向耶和華發的怨言，他都聽見了。我們算甚麼，你們的怨言不是向我們發的，乃是向耶和華發的。</p> <p><sup>12</sup>I have heard the murmurings of the children of Israel: speak unto them, saying, At even ye shall eat flesh, and in the morning ye shall be filled with bread; and ye shall know that I am the LORD your God.</p> <p>我已經聽見以色列人的怨言。你告訴他們說：到黃昏的時候，你們要吃肉，早晨必有食物得飽，你們就知道我是耶和華——你們的神。</p>
Exodus 16:20	<p>Notwithstanding they hearkened not unto Moses; but some of them left of it until the morning, and it bred worms, and stank: and Moses was wroth with them.</p> <p>然而他們不聽摩西的話，內中有留到早晨的，就生蟲變臭了；摩西便向他們發怒。</p>
Exodus 16:14, 21	<p><sup>14</sup>And when the dew that lay was gone up, behold, upon the face of the wilderness there lay a small round thing, as small as the hoar (<i>white or grayish white</i>) frost on the ground.</p> <p>露水上升之後，不料，野地面上有如白霜的小圓物。</p> <p><sup>21</sup>And they gathered it every morning, every man according to his eating: and when the sun waxed hot, it melted.</p> <p>他們每日早晨，按著各人的飯量收取，日頭一發熱，就消化了。</p>
Exodus	<p>And the house of Israel called the name thereof Manna: and it was like coriander seed, white;</p>

16:31	<p>and the taste of it was like wafers made with honey.</p> <p>這食物，以色列家叫嗎哪；樣子像芫荽子，顏色是白的，滋味如同攪蜜的薄餅。</p>
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**Bread of Life:** Natural hunger is a God-given desire and need. If our bodies did not have this mechanism built in, there would not be the urgent and compelling need to feed ourselves and assure our survival. Hunger forces us to eat. Similarly, the soul of man hungers for something meaningful in life. God put this hunger there, and God alone can fill this hunger. Spiritual hunger is there for our spiritual survival. Unfortunately, the enemy of man puts alluring substitutes before man to fill this hunger. Many are drawn to the "flesh pots" of Egypt, and their souls are fooled. They are not satisfied.

Jesus recognized that man has both a natural and a spiritual hunger. His mission was to satisfy the spiritual hunger. With regard to the natural hunger, Jesus fed the five thousand because he cared for people's natural needs. But He also performed this miracle to demonstrate His ability to satisfy their spiritual hunger supernaturally as well. Jesus admonished the crowds who followed Him to "labor" for the meat which endureth to everlasting life (John 6:27). Calling Himself the "Bread of Life" and the "Bread of God which cometh down from heaven," He admonished the crowds to come to Him that they might never hunger and that they might obtain life (vs. 32, 35, 48). He reminded them that those who ate the manna, though it was miraculously provided by God, were dead. By contrast, those who eat the living Bread will live forever (vs.51).

John 6:27	<p>Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for him hath God the Father sealed.</p> <p>不要為那必壞的食物勞力，要為那存到永生的食物勞力，就是人子要賜給你們的，因為人子是父神所印證的。</p>
John 6:32, 35, 48	<p><sup>32</sup>Then Jesus said unto them, Verily, verily, I say unto you, Moses gave you not that bread from heaven; but my Father giveth you the true <u>bread</u> from heaven.</p> <p>耶穌說：我實實在在的告訴你們，那從天上來的糧不是摩西賜給你們的，乃是我父將天上來的真糧賜給你們。</p> <p><sup>35</sup>And Jesus said unto them, I am the <u>bread</u> of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.</p> <p>耶穌說：我就是生命的糧。到我這裡來的，必定不餓；信我的，永遠不渴。</p> <p><sup>48</sup>I am that <u>bread</u> of life.</p> <p>我就是生命的糧。</p>
John 6:51	<p>I am the living <u>bread</u> 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.</p> <p>我是從天上降下來生命的糧；人若吃這糧，就必永遠活著。我所要賜的糧就是我的肉，為世人之生命所賜的。</p>

The "bread" which Jesus spoke of was His body (vs. 51). Paul speaks of the "Bread" which we break as being the "communion of the body of Christ" (1 Cor. 10:16). All Christians are members of that one body of Christ. This unity is achieved by virtue of the Christian's being a partaker of that one Body (vs. 17).

1 Corinthians 10:16,17	<p>The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ? For we being many are one bread, and one body: for we are all partakers of that one bread.</p> <p>我們所祝福的杯，豈不是同領基督的血麼？我們所擘開的餅，豈不是同領基督的身體麼？我們雖多，仍是一個餅，一個身體，因為我們都</p>
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## **THE LESSONS:**

When God visited and redeemed His people, it certainly was not for the purpose of seeing them die of hunger and thirst in the wilderness. They should have known this and should have trusted Him. Likewise, the Christian has not been saved from a life of sin in order to be deprived of the good things of life. On the contrary, he has been saved in order to be given an "abundant life." This abundance, however, is not to be found in the things of the world, for these can never satisfy. *This abundance can only be found in the Lord.*

Unfortunately, the Israelites did not enjoy nor were they satisfied with their bread from heaven. Perhaps initially their hunger was satisfied, but later they pronounced it "light food" and lusted for flesh. The Bread of heaven will satisfy the heart that has been weaned from Egypt's influence. A heavenly taste is needed to feed on the Bread from heaven. Nature cannot relish such food. An Egyptian could never have understood, appreciated, or lived upon this strange substance called manna. His life and that which sustained it was insensitive to the true bread for man. It is therefore deplorable可歎的 when Christians seek after the things of the world. It demonstrates how much they "loathe" the Heavenly Manna and esteem it "light food." *A Christian's prayer should be that a keen hunger and thirst for God be given him.*

A Christian's life, being heavenly, can only be sustained by heavenly things. Each one of us therefore has to rise early and seek his portion. Manna had to be gathered before the day began and the sun burned it away. So we must seek Christ "early," before "other things" have had a chance to take possession of our susceptible (easily affected) souls. Christ must be our primary object. The Heavenly Manna must be gathered fresh every morning. Yesterday's manna will not do for today, nor today's for tomorrow. We must feed on Christ every day, with fresh energy, or else we will cease to grow. The devil is daily putting things before us so that we feed that which we ought to mortify. Many Christians are feeble and barren because they do not make it a daily practice to feed on the Word of God and have communion with Him. Just as our natural appetites need to be replenished (refill) each day, so our spiritual lives need a regular and steady diet to nourish it. God Himself has given His Son to us as our daily Bread. His Words are "spirit and they are life." (John 6:63) On these the true believer should ever and daily feed.

John 6:63

It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life.

叫人活著的乃是靈，肉體是無益的。我對你們所說的話就是靈，就是生命。

- Only a "well-fed" believer can be a vibrant and triumphant Christian.
- Each one of us therefore has to rise early and seek his portion.
- So we must seek Christ "early," before "other things" have had a chance to take possession of our susceptible (easily affected) souls.
- We must feed on Christ every day, with fresh energy, or else we will cease to grow.

## Monday: Exodus 16:1-18

<sup>1</sup>And they took their journey from Elim, and all the congregation of the children of Israel came unto the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after their departing out of the land of Egypt.

以色列全會眾從以琳起行，在出埃及後第二個月十五日到了以琳和西乃中間、汛的曠野。

<sup>2</sup>And the whole congregation of the children of Israel murmured against Moses and Aaron in the wilderness: 以色列全會眾在曠野向摩西、亞倫發怨言，

<sup>3</sup>And the children of Israel said unto them, Would to God we had died by the hand of the LORD in the land of Egypt, when we sat by the flesh pots, and when we did eat bread to the full; for ye have brought us forth into this wilderness, to kill this whole assembly with hunger.

說：巴不得我們早死在埃及地、耶和華的手下；那時我們坐在肉鍋旁邊，吃得飽足。你們將我們領出來，到這曠野，是要叫這全會眾都餓死阿！

<sup>4</sup>Then said the LORD unto Moses, Behold, I will **rain** bread from heaven for you; and the people shall go out and gather a certain rate every day, that I may prove them, whether they will walk in my law, or no.

耶和華對摩西說：我要將糧食從天降給你們。百姓可以出去，每天收每天的分，我好試驗他們遵不遵我的法度。

<sup>5</sup>And it shall come to pass, that on the sixth day they shall prepare that which they bring in; and it shall be twice as much as they gather daily.

到第六天，他們要把所收進來的預備好了，比每天所收的多一倍。

<sup>6</sup>And Moses and Aaron said unto all the children of Israel, At even, then ye shall know that the LORD hath brought you out from the land of Egypt:

摩西、亞倫對以色列眾人說：到了晚上，你們要知道是耶和華將你們從埃及地領出來的。

<sup>7</sup>And in the morning, then ye shall see the glory of the LORD; for that he heareth your murmurings against the LORD: and what are we, that ye murmur against us?

早晨，你們要看見耶和華的榮耀，因為耶和華聽見你們向他所發的怨言了。我們算甚麼，你們竟向我們發怨言呢？

<sup>8</sup>And Moses said, This shall be, when the LORD shall give you in the evening flesh to eat, and in the morning bread to the full; for that the LORD heareth your murmurings which ye murmur against him: and what are we? your murmurings are not against us, but against the LORD.

摩西又說：耶和華晚上必給你們肉吃，早晨必給你們食物得飽；因為你們向耶和華發的怨言，他都聽見了。我們算甚麼，你們的怨言不是向我們發的，乃是向耶和華發的。

<sup>9</sup>And Moses spake unto Aaron, Say unto all the congregation of the children of Israel, Come near before the LORD: for he hath heard your murmurings.

摩西對亞倫說：你告訴以色列全會眾說：你們就近耶和華面前，因為他已經聽見你們的怨言了。

<sup>10</sup>And it came to pass, as Aaron spake unto the whole congregation of the children of Israel, that they looked toward the wilderness, and, behold, the glory of the LORD appeared in the cloud.

亞倫正對以色列全會眾說話的時候，他們向曠野觀看，不料，耶和華的榮光在雲中顯現。

<sup>11</sup>And the LORD spake unto Moses, saying,

耶和華曉諭摩西說：

<sup>12</sup>I have heard the murmurings of the children of Israel: speak unto them, saying, At even ye shall eat flesh, and in the morning ye shall be filled with bread; and ye shall know that I am the LORD your God.

我已經聽見以色列人的怨言。你告訴他們說：到黃昏的時候，你們要吃肉，早晨必有食物得飽，你們就知道我是耶和華——你們的神。

<sup>13</sup>And it came to pass, that at even the quails came up, and covered the camp: and in the morning the dew lay round about the host.

到了晚上，有鶉鶉飛來，遮滿了營；早晨在營四圍的地面上有露水。

<sup>14</sup>And when the dew that lay was gone up, behold, upon the face of the wilderness there lay a small round thing, as small as the hoar (*white or grayish white*) frost on the ground.

露水上升之後，不料，野地面上有如白霜的小圓物。

<sup>15</sup>And when the children of Israel saw it, they said one to another, It is manna: for they wist (*know*) not what it was. And Moses said unto them, This is the bread which the LORD hath given you to eat.

以色列人看見，不知道是甚麼，就彼此對問說：這是甚麼呢？摩西對他們說：這就是耶和華給你們吃的食物。

<sup>16</sup>This is the thing which the LORD hath commanded, Gather of it every man according to his eating, an omer (*2.3 quarts*) for every man, according to the number of your persons; take ye every man for them which are in his tents.

耶和華所吩咐的是這樣：你們要按著各人的飯量，為帳棚裡的人，按著人數收起來，各拿一俄梅珥。

<sup>17</sup>And the children of Israel did so, and gathered, some more, some less.

以色列人就這樣行；有多收的，有少收的。

<sup>18</sup>And when they did mete 量 it with an omer (*2.3 quarts*), he that gathered much had nothing over, and he that gathered little had no lack; they gathered every man according to his eating.

及至用俄梅珥量一量，多收的也沒有餘，少收的也沒有缺；各人按著自己的飯量收取。

## Tuesday: Exodus 16:19-36

<sup>19</sup>And Moses said, Let no man leave of it till the morning.

摩西對他們說：所收的，不許甚麼人留到早晨。

<sup>20</sup>Notwithstanding they hearkened not unto Moses; but some of them left of it until the morning, and it bred worms, and stank: and Moses was wroth with them.

然而他們不聽摩西的話，內中有留到早晨的，就生蟲變臭了；摩西便向他們發怒。

<sup>21</sup>And they gathered it every morning, every man according to his eating: and when the sun waxed hot, it melted.

他們每日早晨，按著各人的飯量收取，日頭一發熱，就消化了。

<sup>22</sup>And it came to pass, that on the sixth day they gathered twice as much bread, two omers(2.3 quarts) for one man: and all the rulers of the congregation came and told Moses.

到第六天，他們收了雙倍的食物，每人兩俄梅珥。會眾的官長來告訴摩西；

<sup>23</sup>And he (Moses) said unto them, This is that which the LORD hath said, To morrow is the rest of the holy sabbath unto the LORD: bake that which ye will bake to day, and seethe (*boil*) that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.

摩西對他們說：耶和華這樣說：明天是聖安息日，是向耶和華守的聖安息日。你們要烤的就烤了，要煮的就煮了，所剩下的都留到早晨。

<sup>24</sup>And they laid it up till the morning, as Moses bade: and it did not stink, neither was there any worm therein.

他們就照摩西的吩咐留到早晨，也不臭，裡頭也沒有蟲子。

<sup>25</sup>And Moses said, Eat that to day; for to day is a sabbath unto the LORD: to day ye shall not find it in the field.

摩西說：你們今天吃這個罷！因為今天是向耶和華守的安息日；你們在田野必找不著了。

<sup>26</sup>Six days ye shall gather it; but on the seventh day, which is the sabbath, in it there shall be none.

六天可以收取，第七天乃是安息日，那一天必沒有了。

<sup>27</sup>And it came to pass, that there went out some of the people on the seventh day for to gather, and they found none.

第七天，百姓中有人出去收，甚麼也找不著。

<sup>28</sup>And the LORD said unto Moses, How long refuse ye to keep my commandments and my laws?

耶和華對摩西說：你們不肯守我的誠命和律法，要到幾時呢？

<sup>29</sup>See, for that the LORD hath given you the sabbath, therefore he giveth you on the sixth day the bread of two days; abide ye every man in his place, let no man go out of his place on the seventh day.

你們看！耶和華既將安息日賜給你們，所以第六天他賜給你們兩天的食物，第七天各人要住在自己的地方，不許甚麼人出去。

<sup>30</sup>So the people rested on the seventh day.

於是百姓第七天安息了。

<sup>31</sup>And the house of Israel called the name thereof Manna: and it was like coriander seed, white; and the taste of it was like wafers made with honey.

這食物，以色列家叫嗎哪；樣子像芫荽子，顏色是白的，滋味如同攪蜜的薄餅。

<sup>32</sup>And Moses said, This is the thing which the LORD commandeth, Fill an omer (2.3 quarts) of it to be kept for your generations; that they may see the bread wherewith I have fed you in the wilderness, when I brought you forth from the land of Egypt.

摩西說：耶和華所吩咐的是這樣：要將一滿俄梅珥（俄梅珥就是伊法十分之一）嗎哪留到世世代代，使後人可以看見我當日將你們領出埃及地，在曠野所給你們吃的食物。

<sup>33</sup>And Moses said unto Aaron, Take a pot, and put an omer (2.3 quarts) full of manna therein, and lay it up before the LORD, to be kept for your generations.

摩西對亞倫說：你拿一個罐子，盛一滿俄梅珥嗎哪，存在耶和華面前，要留到世世代代。

<sup>34</sup>As the LORD commanded Moses, so Aaron laid it up before the Testimony, to be kept.

耶和華怎麼吩咐摩西，亞倫就怎麼行，把嗎哪放在法櫃前存留。

<sup>35</sup>And the children of Israel did eat manna forty years, until they came to a land inhabited; they did eat manna, until they came unto the borders of the land of Canaan.

以色列人吃嗎哪共四十年，直到進了有人居住之地，就是迦南的境界。

<sup>36</sup>Now an omer(2.3 quarts) is the tenth part of an ephah.

俄梅珥就是伊法十分之一。

1 homer 賀梅珥 (or cor)	= 10 ephahs 伊法	= 100 omers 俄梅珥 (about 6 bushels)
1 ephah 伊法	= 10 omers 俄梅珥	= about 23 quarts
1 omer 俄梅珥	= about 2.3 quarts	



## Wednesday: 1 Corinthians 10:1-17

<sup>1</sup>Moreover, brethren, I would not that ye should be ignorant, how that all our fathers were under the cloud, and all passed through the sea;

弟兄們，我不願意你們不曉得，我們的祖宗從前都在雲下，都從海中經過，

<sup>2</sup>And were all baptized unto Moses in the cloud and in the sea;

都在雲裡、海裡受洗歸了摩西；

<sup>3</sup>And did all eat the same spiritual meat;

並且都吃了一樣的靈食，

<sup>4</sup>And did all drink the same spiritual drink: for they drank of that spiritual Rock that followed them: and that Rock was Christ.

也都喝了一樣的靈水。所喝的，是出於隨著他們的靈磐石；那磐石就是基督。

<sup>5</sup>But with many of them God was not well pleased: for they were overthrown in the wilderness.

但他們中間多半是神不喜歡的人，所以在曠野倒斃。

<sup>6</sup>Now these things were our examples, to the intent we should not lust after evil things, as they also lusted.

這些事都是我們的鑑戒，叫我們不要貪戀惡事，像他們那樣貪戀的；

<sup>7</sup>Neither be ye idolaters, as were some of them; as it is written (Exodus 32:6), The people sat down to eat and drink, and rose up to play.

也不要拜偶像，像他們有人拜的。如經上所記：百姓坐下吃喝，起來玩耍。

<sup>8</sup>Neither let us commit fornication, as some of them committed, and fell in one day three and twenty thousand.

我們也不要行姦淫，像他們有人行的，一天就倒斃了二萬三千人；

<sup>9</sup>Neither let us tempt Christ, as some of them also tempted, and were destroyed of serpents.

也不要試探主（有古卷：基督），像他們有人試探的，就被蛇所滅。

<sup>10</sup>Neither murmur ye, as some of them also murmured, and were destroyed of the destroyer.

你們也不要發怨言，像他們有發怨言的，就被滅命的所滅。

<sup>11</sup>Now all these things happened unto them for examples: and they are written for our admonition, upon whom the ends of the world are come.

他們遭遇這些事，都要作為鑑戒；並且寫在經上，正是警戒我們這末世的人。

<sup>12</sup>Wherefore let him that thinketh he standeth take heed lest he fall.

所以，自己以為站得穩的，須要謹慎，免得跌倒。

<sup>13</sup>There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

你們所遇見的試探，無非是人所能受的。神是信實的，必不叫你們受試探過於所能受的；在受試探的時候，總要給你們開一條出路，叫你們能忍受得住。

<sup>14</sup>Wherefore, my dearly beloved, flee from idolatry.

我所親愛的弟兄阿，你們要逃避拜偶像的事。

<sup>15</sup>I speak as to wise men; judge ye what I say.

我好像對明白人說的，你們要審察我的話。

<sup>16</sup>The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ?

我們所祝福的杯，豈不是同領基督的血麼？我們所擘開的餅，豈不是同領基督的身體麼？

<sup>17</sup>For we being many are one bread, and one body: for we are all partakers of that one bread.

我們雖多，仍是一個餅，一個身體，因為我們都是分受這一個餅。

## Thursday: John 6:1-14

<sup>1</sup>After these things Jesus went over the sea of Galilee, which is the sea of Tiberias.

這事以後，耶穌渡過加利利海，就是提比哩亞海。

<sup>2</sup>And a great multitude followed him, because they saw his miracles which he did on them that were diseased.

有許多人因為看見他在病人身上所行的神蹟，就跟隨他。

<sup>3</sup>And Jesus went up into a mountain, and there he sat with his disciples.

耶穌上了山，和門徒一同坐在那裡。

<sup>4</sup>And the passover, a feast of the Jews, was nigh.

那時猶太人的逾越節近了。

<sup>5</sup>When Jesus then lifted up his eyes, and saw a great company come unto him, he saith unto Philip, Whence shall we buy bread, that these may eat?

耶穌舉目看見許多人來，就對腓力說：我們從那裡買餅叫這些人吃呢？

<sup>6</sup>And this he said to prove him: for he himself knew what he would do.

他說這話是要試驗腓力；他自己原知道要怎樣行。

<sup>7</sup>Philip answered him, Two hundred pennyworth of bread is not sufficient for them, that every one of them may take a little.

腓力回答說：就是二十兩銀子的餅，叫他們各人吃一點也是不夠的。

<sup>8</sup>One of his disciples, Andrew, Simon Peter's brother, saith unto him,

有一個門徒，就是西門彼得的兄弟安得烈，對耶穌說：

<sup>9</sup>There is a lad here, which hath five barley loaves, and two small fishes: but what are they among so many?

在這裡有一個孩童，帶著五個大麥餅、兩條魚，只是分給這許多人還算甚麼呢？

<sup>10</sup>And Jesus said, Make the men sit down. Now there was much grass in the place. So the men sat down, in number about five thousand.

耶穌說：你們叫眾人坐下。原來那地方的草多，眾人就坐下，數目約有五千。

<sup>11</sup>And Jesus took the loaves; and when he had given thanks, he distributed to the disciples, and the disciples to them that were set down; and likewise of the fishes as much as they would.

耶穌拿起餅來，祝謝了，就分給那坐著的人；分魚也是這樣，都隨著他們所要的。

<sup>12</sup>When they were filled, he said unto his disciples, Gather up the fragments that remain, that nothing be lost.

他們吃飽了，耶穌對門徒說：把剩下的零碎收拾起來，免得有糟蹋的。

<sup>13</sup>Therefore they gathered them together, and filled twelve baskets with the fragments of the five barley loaves, which remained over and above unto them that had eaten.

他們便將那五個大麥餅的零碎，就是眾人吃了剩下的，收拾起來，裝滿了十二個籃子。

<sup>14</sup>Then those men, when they had seen the miracle that Jesus did, said, This is of a truth that prophet that should come into the world.

眾人看見耶穌所行的神蹟，就說：這真是那要到世間來的先知！

## Friday: John 6:15-29

<sup>15</sup>When Jesus therefore perceived that they would come and take him by force, to make him a king, he departed again into a mountain himself alone.

耶穌既知道眾人要來強逼他作王，就獨自又退到山上去了。

<sup>16</sup>And when even was now come, his disciples went down unto the sea,

到了晚上，他的門徒下海邊去，

<sup>17</sup>And entered into a ship, and went over the sea toward Capernaum. And it was now dark, and Jesus was not come to them.

上了船，要過海往迦百農去。天已經黑了，耶穌還沒有來到他們那裡。

<sup>18</sup>And the sea arose by reason of a great wind that blew.

忽然狂風大作，海就翻騰起來。

<sup>19</sup>So when they had rowed about five and twenty or thirty furlongs, they see Jesus walking on the sea, and drawing nigh unto the ship: and they were afraid.

門徒搖櫓，約行了十里多路，看見耶穌在海面上走，漸漸近了船，他們就害怕。

<sup>20</sup>But he saith unto them, It is I; be not afraid.

耶穌對他們說：是我，不要怕！

<sup>21</sup>Then they willingly received him into the ship: and immediately the ship was at the land whither they went.

門徒就喜歡接他上船，船立時到了他們所要去的地方。

<sup>22</sup>The day following, when the people which stood on the other side of the sea saw that there was none other boat there, save that one whereinto his disciples were entered, and that Jesus went not with his disciples into the boat, but that his disciples were gone away alone;

第二日，站在海那邊的眾人知道那裡沒有別的船，只有一隻小船，又知道耶穌沒有同他的門徒上船，乃是門徒自己去的。

<sup>23</sup>(Howbeit there came other boats from Tiberias nigh unto the place where they did eat bread, after that the Lord had given thanks:)

然而，有幾隻小船從提比哩亞來，靠近主祝謝後分餅給人吃的地方。

<sup>24</sup>When the people therefore saw that Jesus was not there, neither his disciples, they also took shipping, and came to Capernaum, seeking for Jesus.

眾人見耶穌和門徒都不在那裡，就上了船，往迦百農去找耶穌。

<sup>25</sup>And when they had found him on the other side of the sea, they said unto him, Rabbi, when camest thou hither?

既在海那邊找著了，就對他說：拉比，是幾時到這裡來的？

<sup>26</sup>Jesus answered them and said, Verily, verily, I say unto you, Ye seek me, not because ye saw the miracles, but because ye did eat of the loaves, and were filled.

耶穌回答說：我實實在在的告訴你們，你們找我，並不是因見了神蹟，乃是因吃餅得飽。

<sup>27</sup>Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for him hath God the Father sealed.

不要為那必壞的食物勞力，要為那存到永生的食物勞力，就是人子要賜給你們的，因為人子是父神所印證的。

<sup>28</sup>Then said they unto him, What shall we do, that we might work the works of God?

眾人問他說：我們當行甚麼，才算做神的工呢？

<sup>29</sup>Jesus answered and said unto them, This is the work of God, that ye believe on him whom he hath sent.

耶穌回答說：信神所差來的，這就是做神的工。

## Saturday: John 6:30-51

<sup>30</sup>They said therefore unto him, What sign shewest thou then, that we may see, and believe thee? what dost thou work?

他們又說：你行甚麼神蹟，叫我們看見就信你；你到底做甚麼事呢？

<sup>31</sup>Our fathers did eat manna in the desert; as it is written, He gave them bread from heaven to eat.

我們的祖宗在曠野吃過嗎哪，如經上寫著說：他從天上賜下糧來給他們吃。

<sup>32</sup>Then Jesus said unto them, Verily, verily, I say unto you, Moses gave you not that bread from heaven; but my Father giveth you the true bread from heaven.

耶穌說：我實實在在的告訴你們，那從天上來的糧不是摩西賜給你們的，乃是我父將天上來的真糧賜給你們。

<sup>33</sup>For the bread of God is he which cometh down from heaven, and giveth life unto the world.

因為神的糧就是那從天上降下來、賜生命給世界的。

<sup>34</sup>Then said they unto him, Lord, evermore give us this bread.

他們說：主阿，常將這糧賜給我們！

<sup>35</sup>And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

耶穌說：我就是生命的糧。到我這裡來的，必定不餓；信我的，永遠不渴。

<sup>36</sup>But I said unto you, That ye also have seen me, and believe not.

只是我對你們說過，你們已經看見我，還是不信。

<sup>37</sup>All that the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out.

凡父所賜給我的人必到我這裡來；到我這裡來的，我總不丟棄他。

<sup>38</sup>For I came down from heaven, not to do mine own will, but the will of him that sent me.

因為我從天上降下來，不是要按自己的意思行，乃是要按那差我來者的意思行。

<sup>39</sup>And this is the Father's will which hath sent me, that of all which he hath given me I should lose nothing, but should raise it up again at the last day.

差我來者的意思就是：他所賜給我的，叫我一個也不失落，在末日卻叫他復活。

<sup>40</sup>And this is the will of him that sent me, that every one which seeth the Son, and believeth on him, may have everlasting life: and I will raise him up at the last day.

因為我父的意思是叫一切見子而信的人得永生，並且在末日我要叫他復活。

<sup>41</sup>The Jews then murmured at him, because he said, I am the bread which came down from heaven.

猶太人因為耶穌說我是從天上降下來的糧，就私下議論他，

<sup>42</sup>And they said, Is not this Jesus, the son of Joseph, whose father and mother we know? how is it then that he saith, I came down from heaven?

說：這不是約瑟的兒子耶穌麼？他的父母我們豈不認得麼？他如今怎麼說我是從天上降下來的呢？

<sup>43</sup>Jesus therefore answered and said unto them, Murmur not among yourselves.

耶穌回答說：你們不要大家議論。

<sup>44</sup>No man can come to me, except the Father which hath sent me draw him: and I will raise him up at the last day.

若不是差我來的父吸引人，就沒有能到我這裡來的；到我這裡來的，在末日我要叫他復活。

<sup>45</sup>It is written in the prophets, And they shall be all taught of God. Every man therefore that hath heard, and hath learned of the Father, cometh unto me.

在先知書上寫著說：他們都要蒙神的教訓。凡聽見父之教訓又學習的，就到我這裡來。

<sup>46</sup>Not that any man hath seen the Father, save he which is of God, he hath seen the Father.

這不是說有人看見過父；惟獨從神來的，他看見過父。

<sup>47</sup>Verily, verily, I say unto you, He that believeth on me hath everlasting life.

我實實在在的告訴你們，信的人有永生。

<sup>48</sup>I am that bread of life.

我就是生命的糧。

<sup>49</sup>Your fathers did eat manna in the wilderness, and are dead.

你們的祖宗在曠野吃過嗎哪，還是死了。

<sup>50</sup>This is the bread which cometh down from heaven, that a man may eat thereof, and not die.

這是從天上降下來的糧，叫人吃了就不死。

<sup>51</sup>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.

我是從天上降下來生命的糧；人若吃這糧，就必永遠活著。我所要賜的糧就是我的肉，為世人之生命所賜的。

## Sunday: John 6:52-71

<sup>52</sup>The Jews therefore strove among themselves, saying, How can this man give us his flesh to eat?

因此，猶太人彼此爭論說：這個人怎能把他的肉給我們吃呢？

<sup>53</sup>Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you.

耶穌說：我實實在在的告訴你們，你們若不吃人子的肉，不喝人子的血，就沒有生命在你們裡面。

<sup>54</sup>Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day.

吃我肉、喝我血的人就有永生，在末日我要叫他復活。

<sup>55</sup>For my flesh is meat indeed, and my blood is drink indeed.

我的肉真是可吃的，我的血真是可喝的。

<sup>56</sup>He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him.

吃我肉、喝我血的人常在我裡面，我也常在他裡面。

<sup>57</sup>As the living Father hath sent me, and I live by the Father: so he that eateth me, even he shall live by me.

永活的父怎樣差我來，我又因父活著；照樣，吃我肉的人也要因我活著。

<sup>58</sup>This is that bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eateth of this bread shall live for ever.

這就是從天上降下來的糧。吃這糧的人就永遠活著，不像你們的祖宗吃過嗎哪還是死了。

<sup>59</sup>These things said he in the synagogue, as he taught in Capernaum.

這些話是耶穌在迦百農會堂裡教訓人說的。

<sup>60</sup>Many therefore of his disciples, when they had heard this, said, This is an hard saying; who can hear it?

他的門徒中有好些人聽見了，就說：這話甚難，誰能聽呢？

<sup>61</sup>When Jesus knew in himself that his disciples murmured at it, he said unto them, Doth this offend you?

耶穌心裡知道門徒為這話議論，就對他們說：這話是叫你們厭棄（原文是跌倒）麼？

<sup>62</sup>What and if ye shall see the Son of man ascend up where he was before?

倘或你們看見人子升到他原來所在之處，怎麼樣呢？

<sup>63</sup>It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life.

叫人活著的乃是靈，肉體是無益的。我對你們所說的話就是靈，就是生命。

<sup>64</sup>But there are some of you that believe not. For Jesus knew from the beginning who they were that believed not, and who should betray him.

只是你們中間有不信的人。耶穌從起頭就知道誰不信他，誰要賣他。



<sup>65</sup>And he said, Therefore said I unto you, that no man can come unto me, except it were given unto him of my Father.

耶穌又說：所以我對你們說過，若不是蒙我父的恩賜，沒有人能到我這裡來。

<sup>66</sup>From that time many of his disciples went back, and walked no more with him.

從此，他門徒中多有退去的，不再和他同行。

<sup>67</sup>Then said Jesus unto the twelve, Will ye also go away?

耶穌就對那十二個門徒說：你們也要去麼？

<sup>68</sup>Then Simon Peter answered him, Lord, to whom shall we go? thou hast the words of eternal life.

西門彼得回答說：主阿，你有永生之道，我們還歸從誰呢？

<sup>69</sup>And we believe and are sure that thou art that Christ, the Son of the living God.

我們已經信了，又知道你是神的聖者。

<sup>70</sup>Jesus answered them, Have not I chosen you twelve, and one of you is a devil?

耶穌說：我不是揀選了你們十二個門徒麼？但你們中間有一個是魔鬼。

<sup>71</sup>He spake of Judas Iscariot the son of Simon: for he it was that should betray him, being one of the twelve.

耶穌這話是指著加略人西門的兒子猶大說的；他本是十二個門徒裡的一個，後來要賣耶穌的。

## Jesus is the bread of life 耶穌是生命的糧

<sup>32</sup>Then Jesus said unto them, Verily, verily, I say unto you, Moses gave you not that bread from heaven; but my Father giveth you the true bread from heaven.

耶穌說：我實實在在的告訴你們，那從天上來的糧不是摩西賜給你們的，乃是我父將天上來的真糧賜給你們。

<sup>33</sup>For the bread of God is he which cometh down from heaven, and giveth life unto the world.

因為神的糧就是那從天上降下來、賜生命給世界的。

<sup>35</sup>And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

耶穌說：我就是生命的糧。到我這裡來的，必定不餓；信我的，永遠不渴。

<sup>41</sup>The Jews then murmured at him, because he said, I am the bread which came down from heaven.

猶太人因為耶穌說我是從天上降下來的糧，就私下議論他，

<sup>48</sup>I am that bread of life.

我就是生命的糧。

<sup>50</sup>This is the bread which cometh down from heaven, that a man may eat thereof, and not die.

這是從天上降下來的糧，叫人吃了就不死。

<sup>51</sup>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.

我是從天上降下來生命的糧；人若吃這糧，就必永遠活著。我所要賜的糧就是我的肉，為世人之生命所賜的。

<sup>58</sup>This is that bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eateth of this bread shall live for ever.

這就是從天上降下來的糧。吃這糧的人就永遠活著，不像你們的祖宗吃過嗎哪還是死了。