



Welcome to Week 1, Lesson 1 of Faith & Fit! Jane and I pray that through this study you will gain a healthier heart, soul, body, and mind. Please take a moment to pray and ask God to fill you with His Holy Spirit. After you have prayed, please sign your initials on the line: \_\_\_\_\_. Please read John 6:4-13

Now the Passover, a feast of the Jews, was near. 5 Then Jesus lifted up *His* eyes, and seeing a great multitude coming toward Him, He said to Philip, "Where shall we buy bread, that these may eat?" 6 But this He said to test him, for He Himself knew what He would do.

7 Philip answered Him, "Two hundred denarii worth of bread is not sufficient for them, that every one of them may have a little."

8 One of His disciples, Andrew, Simon Peter's brother, said to Him, 9 "There is a lad here who has five barley loaves and two small fish, but what are they among so many?"

10 Then Jesus said, "Make the people sit down." Now there was much grass in the place. So the men sat down, in number about five thousand. 11 And Jesus took the loaves, and when He had given thanks He distributed *them* to the disciples, and the disciples to those sitting down; and likewise of the fish, as much as they wanted.

12 So when they were filled, He said to His disciples, "Gather up the fragments that remain, so that nothing is lost." 13 Therefore they gathered *them* up, and filled twelve baskets with the fragments of the five barley loaves which were left over by those who had eaten.

**What question does Jesus ask His disciples in verse 5 and why does He ask it?**

**Were the disciples able to feed the crowd when they were dependent on their own resources (verse 7)?**

**What does Andrew offer?**

Andrew does not even offer a gift from his own resources but from the provisions of another.

**What wise thing does Andrew do with the little gift that was given to him?**

Please reread verses seven and twelve.

**What two contrasting concepts are found in these verses?**

When man gives of his own resources everyone receives less than a little; we are left longing for more. But when man takes his resources and gives them to Jesus, He multiplies them and feeds thousands. According to verse 13, everyone is not only filled and satisfied but what else? They had left-overs in which they could feed others.

**Specifically, how much did each person eat (verse 11)?**

As much as they *wanted*.

Here is where Bible study becomes so exciting. This will be good! Please read John 6:32-35. By what name does Jesus call Himself? The Bread of Life ... the Living Bread ... the Manna which comes down from heaven ... of which we can eat as much as we want. And when we are full and satisfied we in turn will be able to feed others. Jesus, the Master Teacher, used the feeding of the 5,000 as the ultimate object lesson to teach His disciples about Himself.

What if the little boy kept his lunch for himself—it would have been a logical thing to do. After all, his mother packed his lunch for him to eat, plus one little lunch wouldn't make a bit of difference concerning the needs of thousands ... right? If he kept his lunch for himself, one person would have been fed, but when he gave his lunch to Jesus he was fed plus 5,000 others. We have the same opportunity—keep our gifts and feed one or give our gifts and feed thousands.

**What gift or talent do you need to begin using to feed others?**

Remember no gift is too small or too insignificant. Jesus can multiply anything, but He will not pry it from our fingers.

**What step will you take today to begin sharing your *five loaves and two fish*?**

Give it today.

We'll see you in Lesson 2!

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