7 SIGNS | FEEDING THE 5,000

John 6:1–15 · November 1, 2026

SOUTHRIDGE DISCUSSION & PRACTICE GUIDE

01 READ

When Jesus multiplied five barley loaves and two fish, the crowd got a free meal — but John points to something bigger. The details (barley bread, Passover, the mountain, the leftovers) reveal Jesus as prophet, priest, and king – the one who satisfies. Yet the crowd came back still hungry, chasing another meal that would spoil. Jesus invites them — and us — to stop working for food that runs out and receive him as the Bread of Life. (Watch message recap.)a

> *"Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you… I am the bread of life."*
>
> John 6:27, 35

02 REFLECT

- The crowd followed Jesus for a free meal, not because of who he was. Have you ever noticed yourself coming to Jesus mostly for what he can give you, rather than for who he is?
- Jesus said people were chasing "food that spoils" — always needing more to feel satisfied. What's something in your life you keep returning to, hoping it will finally be enough?
- A young boy offered the little he had — five loaves and two fish — and Jesus multiplied it to feed thousands. Is there something small you've been holding back from offering to Jesus because it feels too little to matter? How could you start to share this?
- Jesus didn't want to be crowned king on the crowd's terms (John 6:15). What would it look like to let Jesus lead your life on his terms rather than yours?

03 RESPOND

- Bring your loaves: Offer God something small this week — a bit of time, a resource, an act of generosity — and trust him to multiply it rather than waiting until you have "enough."
- Seek the Bread, not just the meal: Notice one thing you've been using to fill a hunger only Jesus can satisfy, and bring that honestly to him in prayer.

Come back ready to share where you noticed yourself hungry for something other than Jesus — and how you practiced seeking him instead.