

John 6:24-36

²⁴So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

²⁵When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?"²⁶Jesus answered them, "Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves."²⁷Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal."²⁸Then they said to him, "What must we do to perform the works of God?"²⁹Jesus answered them, "This is the work of God, that you believe in him whom he has sent."³⁰So they said to him, "What sign are you going to give us then, so that we may see it and believe you? What work are you performing?"³¹Our ancestors ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'"³²Then Jesus said to them, "Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven."³³For the bread of God is that which comes down from heaven and gives life to the world."³⁴They said to him, "Sir, give us this bread always."

³⁵Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."