

When You Consume His Words, You Consume His Flesh

Written by Bill Perkins

"I am the living bread that came down from heaven. If anyone eats this bread,
he will live forever. And
the bread that I will give for the life
of the world is my flesh."
— John 6:51

Jesus had just fed the 5,000.
The crowd wanted more—
more signs, more bread, more proof.
So He gave them a truth so strange,
many walked away.

"Unless you eat the flesh of the Son of Man
and drink His blood, you have no life
in you... For my flesh is real food
and my blood is real drink."
— John 6:53–55

He wasn't asking for admiration.
He was offering Himself as food.
To be taken in.
To be consumed.

This wasn't cannibalism.
It was communion.
A call to ingest His life.
To let His presence become our sustenance.

Jesus wasn't just using poetic language.
He was revealing a deeper reality:
The Word became flesh.
— John 1:14
His message wasn't separate from Himself—
it was Himself.

So when we consume His words,
we consume His flesh.
We take Him in.
We feed on Him.
We let His truth nourish our bones.

Jeremiah once said,
"Your words were found, and I ate them."
— Jer. 15:16

He didn't analyze them.
He ingested them.
Like honey on the tongue,
like wine on the lips.
Jesus invites us to do the same—
not just to follow Him,
but to feed on Him.

He was echoing the wilderness—
where manna fell daily,
dew that became bread,
and dependence meant survival.

He was echoing the Lord's Prayer—
"Give us this day our daily bread."
Bread that steadies the weak.
Bread that sustains the weary.
Bread that carries life to the soul.

He was preparing the table—
where bread would be broken,
wine poured,
and His body given
for the life of the world.

You may not know this about Jesus:
He doesn't just speak words to be heard.
He spoke words to be consumed.