

When We Consume His Words, We Consume His Flesh

"Most certainly I tell you, unless you eat the flesh of the Son of Man and drink His blood, you don't have life in yourselves."

JOHN 6:53

Written by Bill Perkins

Jesus had just fed the 5,000.

They wanted more.

More signs.

More bread.

More proof

He was worth following.

So He gave them a truth

so odd-sounding

that many walked away.

"Very truly I tell you,"

Jesus said,

"unless you eat

the flesh of the Son of Man

and drink his blood,

you have no life in you."

(John 6:53)

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.

Yes, the language was metaphorical —
but not merely metaphor.
Jesus was pointing
to a deeper reality:
The Word became flesh.
And when we consume His words,
we consume His flesh.

We take Him in.
We feed on Him.
We let His truth
nourish our bones.

He was echoing the wilderness.
Where manna fell from heaven.
Where bread was daily, not stored.
Where dependence was survival.

You may not know this about Jesus:
His words were never just words —
they were Himself.

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