“Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever.”

John 6:57–58

The bread of life, a figure for God’s revelation in Jesus Christ, also evokes images of the manna in the desert and the sacrifice of the Eucharist, the breaking of the bread that is Christ’s body.

During the Eucharist, bread and wine become the body and blood of Christ.