Scripture John 6:35,51-58,59 (NLT)

35. Jesus replied, "I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty." 51. "I am the living bread that came down from heaven. Anyone who eats this bread will live forever; and this bread, which I will offer so the world may live, is my flesh." 52. Then the people began arguing with each other about what he meant. "How can this man give us his flesh to eat?" they asked.

53. So Jesus said again, "I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you cannot have eternal life within you."

54. "But anyone who eats my flesh and drinks my blood has eternal life, and I will raise that person at the last day. For my flesh is true food, and my blood is true drink. Anyone who eats my flesh and drinks my blood remains in me, and I in him." 57. "I live because of the living Father who sent me; in the same way, anyone who feeds on me will live because of me. 58. I am the true bread that came down from heaven. Anyone who eats this bread will not die as your ancestors did (even though they ate the manna) but will live forever."

59. He Said these things while he was teaching in the synagogue in Capernaum.