

## Han spiser os ikke af

Midfaste søndag, 15.3.2026 Kbh, Aarh, LGJ Salmer:  
35, #2, 150v4-6, 496 // 418, 430, 177

### Evangelium: Johannes 6,24-37

Da skaren nu så, at Jesus ikke var der og hans disciple heller ikke, gik de om bord i bådene og kom til Kapernaum og ledte efter Jesus. Og da de fandt ham på den anden side af søen, sagde de til ham: "Rabbi, hvornår er du kommet hertil?" Jesus svarede dem: "Sandelig, sandelig siger jeg jer: I leder ikke efter mig, fordi I fik tegn at se, men fordi I fik brød at spise og blev mætte. **Arbejd ikke for den mad, som forgår, men for den mad, som består til evigt liv, den som Menneskesønnen vil give jer; for ham har Faderen, Gud selv, sat sit segl på.**" Så sagde de til ham: "Hvad skal vi gøre, for at vi kan gøre Guds gerninger?" Jesus svarede dem: "Guds gerning er den, at I tror på ham, han har udsendt." Da sagde de til ham: "Hvilket tegn gør du, så vi kan se det og tro dig? Hvad kan du gøre? Vore fædre spiste manna i ørkenen, som der står skrevet: 'Brød fra himlen gav han dem at spise.' " Jesus sagde så til dem: "**Sandelig, sandelig siger jeg jer: Moses gav jer ikke brødet fra himlen, men min fader giver jer brødet fra himlen, det sande brød. For Guds brød er det, der kommer ned fra himlen og giver liv til verden.**" De sagde til ham: "Herre, giv os altid det brød!" Jesus sagde til dem: "Jeg er livets brød. Den, der kommer til mig, skal ikke sulte, og den, der tror på mig, skal aldrig tørste. **Men som jeg har sagt til jer: I har set mig, og I tror ikke. Alt, hvad Faderen giver mig, skal komme til mig, og den, der kommer til mig, vil jeg aldrig vise bort.**

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Vi føler somme tider at vi bliver ”spist af” med et eller andet. Der bliver sagt noget, men det er for lidt eller for dårligt. Man er sulten, men får ikke, hvad man har brug for. Og det, man får af mad, ord eller opmærksomhed, er ikke tilstrækkeligt. Vi bliver ”spist af”. Og derefter kan vi godt gå vores vej. Måltidet er slut. I får ikke mere.

Sådan kan man også opleve det i forhold til sin kirke, når du taler med din præst om et problem, eller når du går til gudstjeneste og lytter til en prædiken. Der kommer en forklaring og udlægning. Men svarer den på din nød og dit problem? Når der bliver sagt ”Amen”, hører du det mest, som om der bliver sagt: ”Nu er der ikke mere til dig.”

Sådan oplevede jøderne det i evangeliet i dag. Ude i ørkenen havde Jesus givet dem mad på så overbevisende en måde, at de ville have ham som konge. Men han sagde nej og gik op på bjerget for at bede! Og da han dagen efter mødtes med dem i Kapernaum og prædikede til dem, fortalte han dem, hvorfor han sagde nej: Fordi han ikke ville spise dem

## Jesus does not offer a half-hearted solution

4th Sunday in Lent, 15.3.2026 Cph, Aarh, LGJ

### Gospel: John 6:24-37

24 So when the crowd saw that Jesus was not there, nor His disciples, they themselves got into the small boats, and came to Capernaum seeking Jesus. 25 When they found Him on the other side of the sea, they said to Him, "Rabbi, when did You get here?" 26 Jesus answered them and said, "Truly, truly, I say to you, you seek Me, not because you saw signs, but because you ate of the loaves and were filled. 27 "Do not work for the food which perishes, but for the food which endures to eternal life, which the Son of Man will give to you, for on Him the Father, God, has set His seal." 28 Therefore they said to Him, "What shall we do, so that we may work the works of God?" 29 Jesus answered and said to them, "This is the work of God, that you believe in Him whom He has sent." 30 So they said to Him, "What then do You do for a sign, so that we may see, and believe You? What work do You perform? 31 "Our fathers ate the manna in the wilderness; as it is written, 'HE GAVE THEM BREAD OUT OF HEAVEN TO EAT.'" 32 Jesus then said to them, "Truly, truly, I say to you, it is not Moses who has given you the bread out of heaven, but it is My Father who gives you the true bread out of heaven. 33 "For the bread of God is that which comes down out of heaven, and gives life to the world." 34 Then they said to Him, "Lord, always give us this bread." 35 Jesus said to them, "I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst. 36 "But I said to you that you have seen Me, and yet do not believe. 37 "All that the Father gives Me will come to Me, and the one who comes to Me I will certainly not cast out.

### Jesus does not offer a half-hearted solution

We sometimes feel that we are being given something inferior than we expected and needed. (In Danish we have a saying “be given some food which is not satisfying” “eat somebody off with something”.) Something is said, but it is too little or too bad. You are hungry, but you don't get what you need. And then we can go our way. The meal is over. You don't get any more.

This is also how you can experience it in relation to your church, when you talk to your pastor about a problem, or when you go to a church service and listen to a sermon. There will be an explanation and interpretation. But does it answer your need and your problem? When "Amen" is said, you hear it mostly as if it is being said, "Now there is nothing more for you."

This is how the Jews experienced it in the Gospel today. Out in the wilderness Jesus had fed them in such a convincing way that they wanted him to be their king. But he said no! And the next day, when he met with them in Capernaum and preached to them, he told them why he said no: because he would not give them what

af med det, de krævede: Velfærd, jordisk frihed og mirakler. Han ville give dem den mad, der giver evigt liv og frelser dem fra synd, død og dom.

Hvis din menighed, dine præst og dine medkristne ikke er, som du synes, de burde være, så tag ikke fejl: De er ikke Kristus. Det er en menighed af hjælpeløse stakler, som har brug for tilgivelse og hjælp. Og sammen med dem hører du til hos Jesus Kristus, som vil hjælpe dem og dig. Og hvis det ser sort ud, og vi mangler mange ting, sulter, oplever forfølgelse og krig, da tænk på JESUS. Han selv led sult i en ørken. Han var fuld af angst i Getsemane. Men han gjorde arbejdet færdigt gennem sin lidelse, død og opstandelse.

Han tilfredsstillende ikke krævende jøder ved at give dem lette mirakler. Og når han sagde "Amen" betød det, at det, han havde gjort og sagt stod fast, og han aldrig svigter os.

### **Menneskesønnens gave til os**

Jesus vidste, hvad de kom for: for at blive spist af med endnu et under. *"Sandelig, sandelig siger jeg jer: I leder ikke efter mig, fordi I fik tegn at se, men fordi I fik brød at spise og blev mætte."*

Det svarer til, at en kristen menighed mener, at Jesus skal give materiel velstand og et kristenliv med medvind. Aldrig modvind og lidelse, afsavn og offer.

De mente, at hovedmåltidet i ørkenen var, at Jesus havde givet 5000 mænd mad med 5 brød og to fisk.

Nu siger Jesus, at hovedmåltidet her i livet ikke er den mad, der forgår, men den mad, der består til evigt liv, og som Menneskesønnen vil give os! *Arbejd ikke for den mad, som forgår, men for den mad, som består til evigt liv, den som Menneskesønnen vil give jer; for ham har Faderen, Gud selv, sat sit segl på."*

Jøderne lytter. Det mærker vi på deres spørgsmål: *"Hvad skal vi gøre, for at vi kan gøre Guds gerninger?"* De hører, at de skal arbejde for den mad, der giver evigt liv.

### **Guds gerning for os**

*Jesus svarede dem: "Guds gerning er den, at I tror på ham, han har udsendt."* Når et menneske stoler på Gud, på at Jesus er Frelser og kalder på ham i sin nød, da er det Guds gerning. Apostlen Paulus bekræfter det: *For af den nåde er I frelst ved tro. Og det skyldes ikke jer selv, gaven er Guds. Det skyldes ikke gerninger, for at ingen skal have noget at være stolt af. For hans værk er vi, skabt i Kristus Jesus (Ef 2,8-10).* Vi får troen ved at lytte til Guds ord. *"Troen kommer af det, som høres, og det, som høres kommer i kraft af Kristi ord"* (Rom 10,17). At arbejde på at tro på Kristus er at arbejde på at høre ordet om Kristus, at høre Kristi ord.

they asked for: welfare, earthly freedom, and miracles. He would give them the food that gives eternal life and saves them from sin, death, and judgment.

If your congregation, your pastor and your fellow Christians are not what you think they ought to be, make no mistake: They are not Christ. It is a congregation of helpless wretches who need forgiveness and help. And with them, you belong to Jesus Christ, who will help them and you. And you are experiencing darkness and lack many things, starve, experience persecution and war, then think of JESUS. He himself suffered hunger in a desert. He was full of anxiety in Gethsemane. But He finished the work through His suffering, death, and resurrection. He did not satisfy the demanding Jews with easy miracles. And when he said "Amen" it meant that what he had done and said stood firm, and he never let us down.

### **The Gift of the Son of Man to Us**

Jesus knew what they were coming for: to get an easy miracle. *"Truly, truly, I say to you, you seek Me, not because you saw signs, but because you ate of the loaves and were filled."*

This is equivalent to a Christian congregation believing that Jesus should provide material prosperity and a Christian life with a tailwind. Never headwinds and suffering, deprivation and sacrifice.

They believed that the main meal in the wilderness was that Jesus had fed 5000 men with 5 loaves of bread and two fish.

Now Jesus says that the main meal in this life is not the food that perishes, but the food that goes to eternal life, and that the Son of Man will give us! *"Do not work for the food which perishes, but for the food which endures to eternal life, which the Son of Man will give to you, for on Him the Father, God, has set His seal."*

The Jews are listening. We can see this in their question: *"What must we do that we may do the works of God?"* They hear that they must work for the food that gives eternal life.

### **God's work for us**

*Jesus answered them, "The work of God is that you believe in him whom he has sent."* When a person trusts in God, that Jesus is the Savior and calls on Him in his need, then it is God's work. The Apostle Paul confirms it: <sup>8</sup> *For by grace you have been saved through faith; and that not of yourselves, it is the gift of God;* <sup>9</sup> *not as a result of works, that no one should boast.* <sup>10</sup> *For we are His workmanship, created in Christ Jesus (Eph. 2:8-10 NAS)* We gain faith by listening to God's Word. *"Faith comes by what is heard, and what is heard comes by virtue of the word of Christ"* (Romans 10:17). To work

Lyt i kirken om søndagen. Tag det med i hverdagen. Det er at samle manna i ørkenen. Og mannaen er Kristi ord. I ApG 16 fortælles om en kvinde, der hed Lydia. Hun lyttede til apostlen Paulus og Silas, da de kom talte Guds ord ved en lille flod udenfor byen. Gud åbnede hendes hjerte, så hun lagde mærke til det, der blev prædikeret, og fik troen. Troen er Guds gerning ved Ordet.

Er troen så noget, vi gør? Ja, det er jo os, der tror. Men samtidig er det Guds gerning. For Gud gør, at vi tror på Jesus. Det sandt, at vi ikke af egen evne og kraft kan tro på Jesus Kristus. vor Herre. Men Helligånden har kaldet os ved evangeliet. **Det er hovedmålet! Gaven fra Gud. Og samtidig giver Gud os det daglige brød, som vi også må arbejde for. Men her gælder det, at det er Guds gerning og velsignelse.**

### Alligevel vil de spises af med et tegn

Det sørgelige er nu, at jøderne ikke rigtigt hørte det, men igen sagde: *Hvilket tegn gør du, så vi kan se det og tro dig? Hvad kan du gøre? Vore fædre spiste manna i ørkenen, som der står skrevet: 'Brød fra himlen gav han dem at spise.'*

De siger faktisk: Spis os af med endnu et tegn. Hvilket tegn giver du os, så vi kan tro. Vi kan jo ikke bare tro, fordi du siger det.

Sådan tænker vi også tit. Vi kan jo ikke bare tro på Bibelen. Vi kan ikke bare tro på Jesus. Hvordan kan vi vide, at det er sandt?

*Jesus sagde så til dem: "Sandelig, sandelig siger jeg jer: Moses gav jer ikke brødet fra himlen, men min fader giver jer brødet fra himlen, det sande brød. For Guds brød er det, der kommer ned fra himlen og giver liv til verden."*

Troen kommer ikke ved at vi får et nyt mirakel i vores ørken. Ikke ved jordisk lykke. Ikke ved velfærd. –

Jesus tager dem med ind i deres egen historie som folk, dengang de vandrede i ørkenen. Moses gav jer et tegn: Manna fra himlen. Men gav det evigt liv?

Det daglige brød er Guds nådige gaver, som han giver os. Men gør det os taknemmelige? Gør det os tilfredse? Redder det os? – Vi hørte det i læsten fra Gamle Testamente: Israelitterne gav ondt af sig i ørkenen, fordi de var utilfredse med maden. Sådan giver vi også ondt af os, selv om vi ikke engang har fortjent at leve.

on believing in Christ is to work on hearing the word of Christ, to hear the word of Christ.

Listen in church on Sundays. Take it with you in everyday life. That is the gathering of manna in the desert. And the manna is the word of Christ. In Acts 16 there is a story about a woman named Lydia. She listened to the apostle Paul and Silas as they came speaking the word of God by a small river outside the city. God opened her heart so that she could notice what was being preached and have faith. Faith is God's work through the Word.

Is faith then something we do? Yes, we are the ones who believe. But at the same time, it is God's work. For God makes us believe in Jesus. It is true that we cannot believe in Jesus Christ by our own ability and power. our Lord. But the Holy Spirit has called us through the gospel. **It's the main meal! The gift from God. And at the same time, God gives us the daily bread, which we must also work for. But here it is important that it is God's work and blessing.**

### Still, they ask for a sign, another miracle

The sad thing is that the Jews did not really hear what Jesus said. Therefore they asked: *"What then do You do for a sign, so that we may see, and believe You? What work do You perform? "Our fathers ate the manna in the wilderness; as it is written, 'HE GAVE THEM BREAD OUT OF HEAVEN TO EAT.'"*

They actually say: We can't just believe because you speak to us. That's how we often think. After all, we cannot just believe in the Bible. We cannot just believe in Jesus. How can we know that this is true?

*Jesus then said to them, "Truly, truly, I say to you, it is not Moses who has given you the bread out of heaven, but it is My Father who gives you the true bread out of heaven. "For the bread of God is that which comes down out of heaven, and gives life to the world."*

Faith does not come by experiencing another miracle in our desert. Not by earthly happiness. Not by earthly welfare. –

Jesus takes them into their own history as a people when they wandered in the wilderness. Moses gave you a sign: Manna from heaven. But did it give everlasting life?

The daily bread is God's gracious gifts that He gives us. But does that make us grateful? Does it make us happy? Will it save us? "We heard it in the Old Testament reading: *And the LORD spoke to Moses, saying, "I have heard the grumblings of the sons of Israel They were dissatisfied with the food. This is also how we feel sorry for ourselves, even though we don't even deserve to live.*

### Hvad kan du gøre, Jesus?

Alligevel er deres spørgsmål til Jesus det bedste vi kan spørge ham om! De spørger: *Hvilket tegn gør du, så vi kan se det og tro dig? Hvad kan du gøre?*

Jesus svarer: *"Jeg er livets brød. Den, der kommer til mig, skal ikke sulte, og den, der tror på mig, skal aldrig tørste."* - Brød skal spises. At han er Livets brød, betyder, at han giver sig til os, så vi kan leve. Og hvad sker der da med ham? Han uddyber senere i samme prædiken, at han giver sit kød til liv for verden. Han må dø for os. Han må lide i vort sted. Han må ofre sig for os.

Når vi spørger *"Hvilket tegn gør du, så vi kan tro dig? Hvad kan du gøre?"* da svarer Jesus: *«En ond og utro slægt kræver tegn, men den skal ikke få andet tegn end profeten Jonas' tegn. For som Jonas var i bugen på havdyret i tre dage og tre nætter, sådan skal Menneskesønnen være i jordens skød i tre dage og tre nætter. (Matt 12:39-40).* Det kan han gøre: lide, død, blive begravet og opstå. Og dt har han gjort.

Og spørg apostlen Paulus! Han svarer: *For jøder kræver tegn, og grækere søger visdom, men vi prædiker Kristus som korsfæstet, en forargelse for jøder og en dårskab for hedninger; men for dem, der er kaldet, jøder såvel som grækere, prædiker vi Kristus som Guds kraft og Guds visdom. (1 Kor 1,22-24)!*

Spørg Moses, Salmerne, Profeterne, Evangelisterne og Apostlene, hvad det er for et tegn, de hele tiden peger på og taler om! Det er frelsens tegn! Det er Jesus, som er givet til os som Livets Brød. Det er givet os til frelse.

### Faderens gave til Jesus

**Og hør til sidste evangeliets sidste ord: *Alt, hvad Faderen giver mig, skal komme til mig, og den, der kommer til mig, vil jeg aldrig vise bort.*** - Når du kommer til Jesus i din smerte og nød, da er årsagen, at Faderen giver dig til Jesus. Du er Faderens gave til Jesus. Og Jesus siger, at han aldrig vil vise dig bort. Så er du hans nu og i evighed. Amen.

### What can you do, Jesus?

Yet, their question about Jesus is the best we can ask him! They ask: *What sign do you make so that we can see it and believe you? What can you do?*

Jesus answers: *"I am the bread of life. He who comes to me will not hunger, and he who believes in me will never thirst."* - Bread should be eaten. That He is the Bread of Life means that He gives Himself to us so that we can live. And what happens to him? He later elaborates in the same sermon that he gives his flesh to life for the world. He must die for us. He must suffer in our place. He must sacrifice himself for us.

When we ask *"What sign do you make so that we can believe you? What can you do?"* Jesus answered, *"A wicked and adulterous generation requires signs, but it will receive no sign other than the sign of Jonah the prophet. For as Jonah was in the belly of the sea creature for three days and three nights, so the Son of Man will be in the bosom of the earth for three days and three nights. (Matthew 12:39-40).* He can do that: suffer, die, be buried, and be resurrected. And that's what he has done.

And ask the Apostle Paul! He answers: *For Jews demand signs, and Greeks seek wisdom, but we preach Christ as crucified, an outrage to Jews and a foolishness to Gentiles; but to those who are called, Jews as well as Greeks, we preach Christ as the power of God and the wisdom of God. (1 Corinthians 1:22-24)!*

Ask Moses, the Psalms, the Prophets, the Evangelists and the Apostles what kind of sign they are constantly pointing to and talking about! That is the sign of salvation! It is Jesus who is given to us as the Bread of Life. It is given to us for salvation.

### The Father's Gift to Jesus

**And listen to the last words of the Gospel: *Everything that the Father gives me will come to me, and whoever comes to me I will never turn away.*** You who believe in Jesus, you are the Father's gift to Jesus. And Jesus says that He will never turn you away. Then you are his now and for eternity. Amen.