

John 6:51 -58

⁵¹I am the living bread that came down from heaven. Whoever eats (esthio) of this bread will live forever; and the bread that I will give for the life of the world is my flesh.” ⁵²The Jews then disputed among themselves, saying, “How can this man give us his flesh to eat (esthio)?” ⁵³So Jesus said to them, “Very truly, I tell you, unless you eat (esthio) the flesh of the Son of Man and drink his blood, you have no life in you. ⁵⁴Those who eat (trogo) my flesh and drink my blood have eternal life, and I will raise them up on the last day; ⁵⁵for my flesh is true food and my blood is true drink. ⁵⁶Those who eat (trogo) my flesh and drink my blood abide in me, and I in them. ⁵⁷Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. ⁵⁸This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever.”