

## Sunday 28th February - I am the Bread of Life

Today we are looking at 'when Jesus said 'I Am the Bread of Life'. As it's communion, it's a good week to think about this I Am statement.

Imagine for a moment that you are at an outdoor festival or concert with friends. You have only planned on being there for an hour or so but are having such a good time that you and thousands of others have stayed there all day.

The main singer has been amazing, his lyrics have been breathtakingly beautiful but so challenging and you have hung on his every word, now it's late into the evening and you suddenly realise how hungry you are. You look round for the usual burger and hot dog stands but there are none to be seen, everyone around is beginning to grumble. Then one of the band starts moving amongst the crowd telling them all to sit down. Surprised but obedient you join a growing circle of people sitting down. All over the area there is an unusual hush as circles of people sit down on the grass.

You look over expectantly towards the stage - what's going to happen next? Nothing seems to be happening, just the main singer talking to a young lad. The young lad seems to be giving him his Minecraft lunch box. Well that's great, at least your hero, the one you have been listening to is going to get a sandwich.

Then to your amazement the main singer, starts to sing a beautiful song looking straight up into the sky, unaccompanied. He opens the lunch box and gives a sandwich to all of his band and crew: then they are walking between the circles of people giving everyone sandwiches. They taste delicious - your favourite, you think. You keep on eating until you're full and can't believe what you're seeing as the band and crew start to pick up unwanted food and load it into bins - there are 12 of them and each one has a bin full to overflowing.

No one's grumbling now, instead there is an awed hush as everyone starts to make their way home. You can't say a word you are so full and happy and amazed, lost for words, all you know is that you must see and hear this singer again and soon!

The next morning, as you wake up, your first thoughts are of the main singer - maybe He is giving out a free breakfast somewhere nearby, hurriedly you get dressed and go out in search of him.

Do you recognise the story you have just read? It was based on the time that Jesus fed 5000 people, using just a boy's packed lunch of 5 rolls and 2 fish (if you don't read John 6 1-24).

Now to find out what happened the next day....

Read together from John 6:25-36.

Answer the following questions:

- 1 Why did Jesus say the people had come to look for Him?
- 2 Jesus says that physical food shouldn't be top priority in their lives - what does He say is more important?
- 3 What does Jesus answer when they ask Him about what God wants them to do?
- 4 What do you think Jesus meant when He said He is the bread that gives life?

Now read the following passages and think about the questions. Use your GROW or BibleStudy sheets to help you

Remember when it talks about eating flesh and drinking blood this is meant as a metaphor – it's not literal but Jesus is relating his body to other objects that we need to live..

### **John 6:53-57**

- When Jesus says that He is true or real food, what does He mean? What does food do?
- How can we "eat Jesus' body"?
- If we eat Jesus' body, what happens to us at the end of time?
- What does it mean to be "one" with Jesus? (or "remain" or "abide" in Him?)
- How would we live our lives if we thought and did the same things Jesus did?
- Ask the children if they know what happens in Holy Communion. Explain to them that when Jesus died on the cross, His body was broken for us. When we take communion, we remember this.

### **Luke 22:14-20**

- What two things did Jesus share with his disciples in this passage?
- What did He say about the bread?
- What did He say about the wine?
- What should we remember when we take Holy Communion?
- How does this tie in with Jesus being the bread of life?

### **John 6:35-40**

- Why will no one who comes to Jesus ever be hungry or thirsty again?
- Is Jesus speaking about physical hunger or about something else?
- How does Jesus help us to be "full up"?
- Who sent Jesus? Whose will does Jesus follow?
- What is God's will for us?
- How did Jesus make sure that God's will could actually happen?

To sum up:

People are always interested in food and material things but Jesus says that eternal life is a much higher priority – obtainable by believing and putting in your trust in Him. This is what He means by saying He is the bread of life – without physical bread and other basic food you would soon be dead, without Jesus you are spiritually dead now and for all eternity.

**Bread Words** – How many words can you make from the letters BREAD?

### **Challenge and Prayer:**

What sort of things do you do when they are feeling tired, grumpy, cross or upset. Do you watch TV, play computer games, skip, eat chocolate... Draw what you turn to when you are not happy. Put your picture on a table and put a loaf/slice of bread in the centre. We all turn to other things when we are upset – but Jesus is the bread of life and he can supply all our needs if we let Him.

This week try to turn to Jesus when you are upset – to come to Him first and pray about the situation instead of doing something to temporarily take your mind off it. Take a piece of bread to eat and pray that you will always turn to God first. Imagine that there is a hole inside them, and all of the other things they turn to just pass through that hole, but Jesus – the bread of life – doesn't just pass through it: He fills it completely. Only He can truly satisfy. Try to remember this so that, when we're at a crossroads and can turn to something else or to Jesus, we make the most fulfilling choice.

## **Make Flower Pot bread.....**

Ingredients that you need: Oil, water, and those provided.

In a mixing bowl empty the bag containing flour and salt, the yeast and 1 tablespoon of oil. Add small amounts of water (around 150mls) slowly, as soon as the dough has come together stop adding water – if its too wet, add ordinary flour (if you don;t have any bread flour). Knead for 10 mins. Cover and put in a warm place to rise.

Leave to rise for about an hour, or until it has doubled in size. Return to the mixer, or knead again for about 5-10 mins. Either create shapes and place on a baking tray, or really oil the flour pot (you can line it with baking paper, but a well oiled terracota flower pot does work well) Put back in the warm spot and allow to rise again – about 30-45 mins depending on warmth.

Bake in an oven at about 170-180 degrees for 12-15 mins (if you take the bread out of the container and you hear fizzing, then it needs a bit longer.

Cool on a wire rack and enjoy.

Keep your flower pot please for another activity – detailed in the named envelope.

# GROW Bible Adventure

Bible Passage/story:

## God's Word:

What is happening in the story?

The main point we need to remember is:

## Relationships:

Is there anything that shows us how we should or shouldn't share God's love with others?

What should we do?

What shouldn't we do?

## Outward Action:

Is there anything that shows us how we should help or serve God or others and what is it?

This week to show this I am going to

## Worship:

Is there anything that shows us how we should accept God's love for us and others? What is it?

How do you feel about God?

What would you like to say to God?

# BIBLE STUDY

## Breakdown

Date: \_\_\_\_\_

<b>Book of the Bible:</b>	<b>Passages:</b>	<b>Time Period:</b>
<b>Who wrote it? <i>Author</i></b>		<b>Who was it written to? <i>Audience</i></b>
<b>Where did it take place? <i>Location</i></b>		<b>Main Characters Involved:</b>
<b>Main Themes: <i>Marriage, Faith, etc</i></b>		
<b>Key Verses:</b>		
		<b>Major Events:</b>

# BIBLE STUDY

## Breakdown

### Key Words

Verse:	Word	Definition/Translation
<b>Notes &amp; Lessons Learned:</b>		
<b>Life Application:</b> <i>What lessons can I directly apply to my life today?</i>		

## WORD SEARCH

### WORD LIST

AWAY  
BOAT  
BREAD  
DAY  
DISCIPLES  
EAT  
FATHER  
FOUND  
GOD  
GONE  
JESUS  
LOAVES  
RABBI  
SAW  
SEA  
SEALED  
SEEK  
TIBERIAS



John 6:22-40

## JESUS, the BREAD of LIFE

### CROSSWORD

USING THE UNDERLINED WORDS BELOW, FILL IN THE BOXES ON THE NEXT PAGE.

"AND JESUS SAID UNTO THEM, I AM THE BREAD OF LIFE: HE THAT COMETH TO ME SHALL NEVER HUNGER; AND HE THAT BELIEVETH ON ME SHALL NEVER THIRST."

"BUT I SAID UNTO YOU, THAT YE ALSO HAVE SEEN ME, AND BELIEVE NOT."

"ALL THAT THE FATHER GIVETH ME SHALL COME TO ME: AND HIM THAT COMETH TO ME I WILL IN NO WISE CAST OUT."

John 6:35-37





# MEMORY VERSE

Use the Word List to write the words of the memory verse on the dotted lines. Look up John 6:35 in the Bible to help you.

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( John 6:35 )

## WORDLIST

HUNGER,  
HE  
BELIEVES  
NEVER  
JOHN  
AM  
OF  
HE  
SHALL  
WHO  
JESUS  
ME  
I  
TO  
AND  
WHO  
IN  
ME  
SHALL  
NEVER  
LIFE.  
COMES  
THIRST.  
BREAD  
SAID  
THE