

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

Jesus said, "I am the bread of life. No one who comes to me will ever be hungry again." John 6:35a

### Bible Story:

There are 2 bags, one with 5 loaves and 2 fish and the other has more. Both bags should still look fairly similar – hopefully they think it is the same bag!

Read the story, The Big Picnic on page 364 of The Lion First Bible. At the end of page 367, pause and show the children your first paper bag – tip out the contents – there should be 5 loaves and 2 fish. Subtly swap bags and get the children to count the 5 loaves and 2 fish as you put them back into the other bag (the one with all the other loaves and fish in).

Continue reading on page 368 and stop after the line, 'he thanked God for the little boy's dinner'. Ask how they say thank you for their food. Can they help you to make up a prayer to thank God for the loaves and fish?

Finish reading page 368 then pause and start to give hand out the bread and fish from the full paper bag. They should be surprised that you have lots now because they only saw you put the 5 loaves and 2 fish in! everybody has a loaf and a fish, tip the rest of the bag out and show that there are plenty more.

Finish reading the story. Ask:

what they thought about the story

what did they think about what you did with the paper loaves and fish? Make sure they know that you did a bit of trickery whereas Jesus did a real miracle!

Why do they think that Jesus said we need Him more than bread?

Say that the next day, all the people went searching for Jesus again. Why do they think this was? Say that Jesus said to the people they were just looking for another meal– they were far more interested in getting their tummies filled than in listening to Jesus. Then Jesus said a strange thing: he said, "I am the bread that gives life! No one who comes to me will ever be hungry. No one who has faith in me will ever be thirsty."

What did Jesus mean?

There is something more important than what we need here and now and that's Jesus. Jesus does provide the things that we need but he wants us to know that there is more to life than that. Jesus said another strange thing a bit later: "I am the bread from heaven! Everyone who eats it will live forever." Why did he say this? Food only keeps us going for a few hours – then we need to eat again. But if we learn to put all our faith and hope in Jesus, that will last forever and we'll get to have life forever with him.

**Paper chains:** On a piece of paper chain paper (supplied previously) write:

'I am the Bread of Life' and add it to the other ones.

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

**Bread Matching Pairs:** Play matching pairs

## **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.

**Reflection:** Sit on the floor perhaps around a cloth with a loaf of bread on it.

Jesus said he was like bread.

How was think Jesus was like bread?

What sort of things does bread do for us?

How is that like something Jesus does for us? (They may need quite a bit of prompting)

Jesus spoke about his body being like bread in quite a different way later on in his life.

( if the discussion leads to it, look up Mark 14:22–25 and read the story of the last supper, use the Bible Study sheets to help if not already used, why Jesus was talking about his body being like bread and wine in this passage?)

Remind them that Jesus went to die on a cross – his body was broken and his blood poured out onto the ground. When he died he took the punishment for all the sins we commit. When we eat communion in church, we are remembering that Jesus own body was broken for us.

Eat the bread together as the children reflect about Jesus giving up his body so that we can have life.

## **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.

# Today's Bible Study For Kids

Today's Verse

What I'm Thankful For:

My Prayer  
Today:

What Today's Verse  
Taught Me:



# Bible Pathway Adventures

WORKSHEET

## BIBLE VERSE WORK

Bible Verse(s):

Who said it?

Why was it said?

Picture

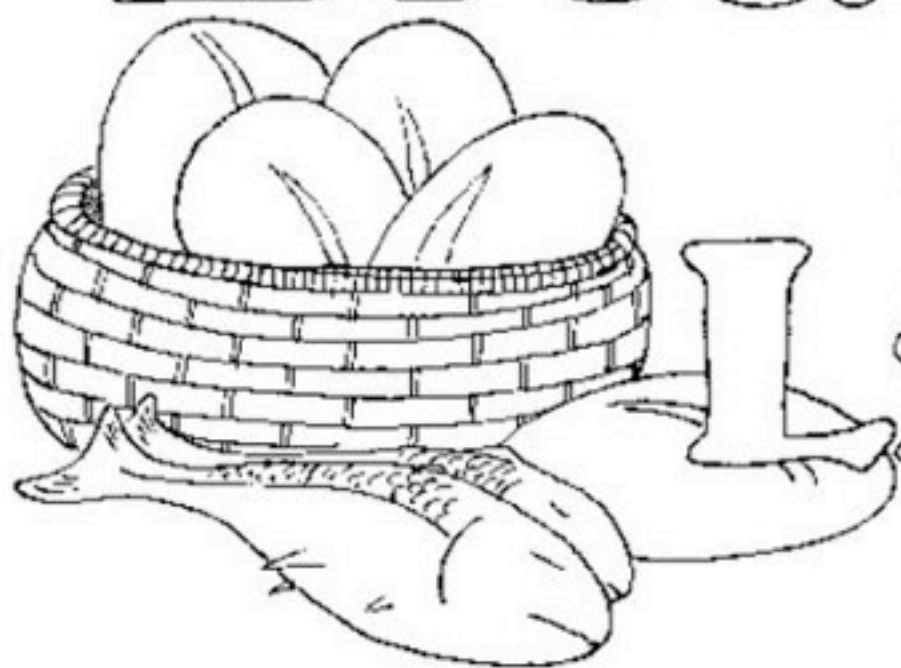
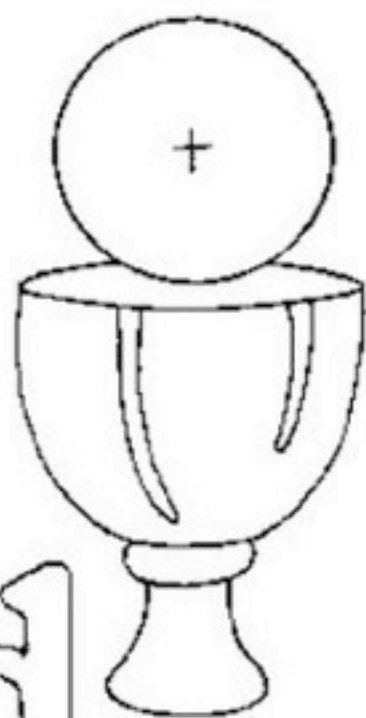
Who was it said to?

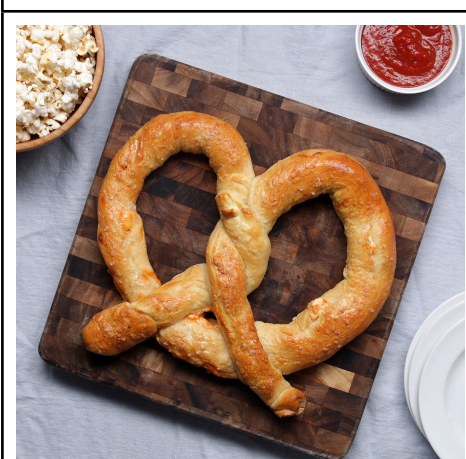
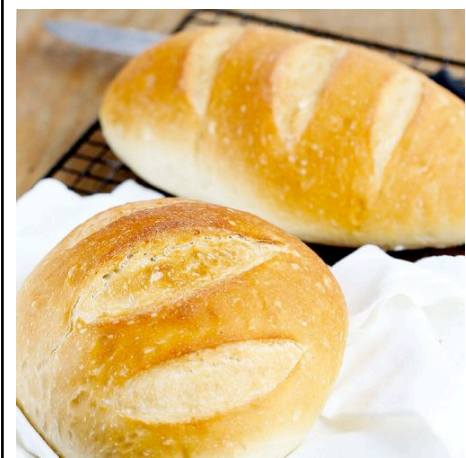
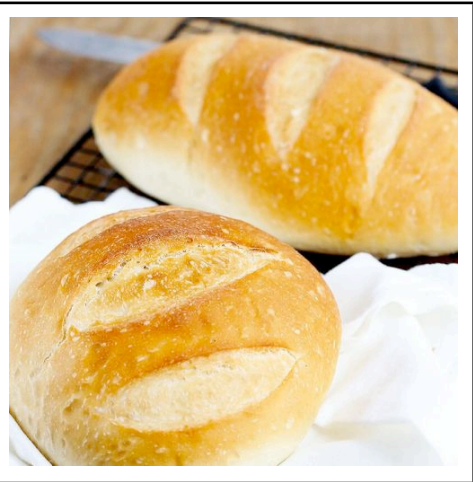
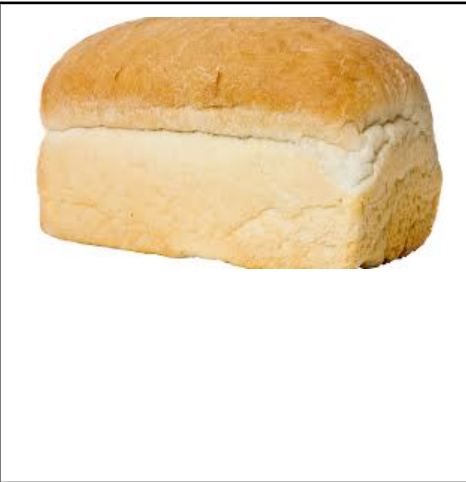
I am  
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Bread

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