Lesson 9: Jesus Is the Bread of Life

Overview:

Key Focus: Jesus is the Bread of Life, and Jesus gives us eternal life.

Bible Story: Jesus Multiplies the Bread and Fish

Scriptures: John 6:4–13, 26–27, 30–35, 47–51, and 58; Deuteronomy 8:3

Memory Verse: John 6:35 (NKJV) And Jesus said to them, "I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst."

Prep:

Classroom Prep:

• Draw an outline of a slice of bread and use the outline on paper to cut out several copies.

Engage:

Divide into small groups with a helper or older child in each group. Give each group paper and a pencil to make a list of as many types of bread as they can. After 5 minutes, have the group's scribe read the list. See which group found the most types of bread.

In today's lesson, we are going to learn about a special bread. This bread is not like any of the breads that you mentioned on your lists. This bread never gets old, and you won't get hungry after eating it. Listen carefully to the Bible lesson to find out what the bread is and where you can get some.

Memory Verse Activity:
Display and explain the verse. Distribute the outlines of bread slices. The children holding a slice of bread say the verse together. Then, they give their bread to someone and those children say the verse together. Continue this pattern, but children have to give the bread to someone they didn't give it to previously. Encourage the trading to go quickly so the verse can be repeated many times.

Memory Verse: John 6:35 (NKJV) And Jesus said to them, "I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst."
* Depending on your group, you may want to learn only the first section of the verse.

Bible Story:

Jesus did many miracles and huge crowds followed Him. Let's find out what happened one day when many people were in Jerusalem to celebrate the biggest Jewish feast of the year, Passover. Read John 6:4–7. **What problem did Jesus point out to Philip**? (Jesus asked Philip where they would get bread to feed the crowd.) **Jesus wasn't scared about the problem, but the verse tells us he already knew what He would do. Jesus knows the problems we are going to face, but He always has an answer for us. Philip said that a large amount of money would only buy a bite or two of bread. Would a bite or two of bread fill your stomach?** (No.) **It would be like taking five energy bars and two pieces of beef jerky and expecting to feed everyone in a sports stadium!**

Let's see what happened next. Read John 6:8–9. **Who found some food?** (Andrew) **How much food did he find?** (five loaves and two small fish) **Where did he get the food?** (from a boy) **The boy's mother must have loved him very much to send him off with a lunch for the day to listen to Jesus. How many people could have a bite or two of that lunch?** Allow a couple of responses. **Does Andrew have a plan?** (No.) **Who has a plan?** (Jesus)

Read John 6:10–13. **How many men were in the crowd?** (5,000) **In Bible times, they didn't count women or children, so we know the crowd was much larger, maybe 10,000 people! After the people sat down, Jesus gave thanks for the bread. Who did Jesus thank?** (God) **This is the example we follow when we pray before we eat a meal. Did the bread instantly grow huge or solve the problem?** (No.) **Jesus gave the bread to the disciples and then the disciples gave the bread to the crowd. How would you feel if you were one of the disciples and you have a piece of bread in your hand that you have to give to feed the crowd?** (Possible answers: scared, embarrassed, excited to see what Jesus was going to do) **Does this scripture say they each got a crumb of bread and fish?** (No.) **They ate as much as they wanted. Hold up your fingers to show how many slices of bread you could eat.** Acknowledge responses. **After everyone was full, they collected 12 big baskets full of pieces of bread. A bakery would have to spend hours baking enough bread to fill 12 baskets, and this was bread**

that came from five small loaves of bread! This is one of the most amazing miracles, but we wouldn't be reading about it if the little boy had not wanted to see Jesus and didn't take the lunch his mother fixed for him! Now you see how important it is for children to want to hear about Jesus. Lead a cheer for the little boy and Jesus' bread miracle.

If we read a little further in John 6, the next day the people still followed Jesus. Read John 6:26–27. **Jesus knew they were following Him because of the miracle with the bread. Jesus mentions that the bread they ate wouldn't keep them full very long. Maybe they were already hungry again. Jesus said that He had food that would last forever. The people were probably very confused because Jesus wasn't holding any food.**

A few verses later, they want to see a miracle so they can believe in Jesus. They had just seen Jesus feed 5,000 men. Read John 6:30–31. **What miracle did they mention from the Old Testament time?** (manna in the desert) **They remembered that God fed Moses and the Israelites with a bread from heaven, manna.** Read John 6:32–35. **Jesus pointed out that God gave manna to the Israelites, but God was sending bread to give life to all the people groups. Imagine how excited the people were because they wanted Him to give them that special bread from heaven. What strange thing did Jesus tell them?** (Jesus called Himself the Bread of Life.) **Jesus said that people who come to Him will never hunger. The people were probably very confused because they knew every day they were hungry. Jesus wasn't talking about a hungry stomach.**

Let's see what kind of hunger Jesus was talking about. Read John 6:47–51 and 58. **Jesus was talking about spiritual hunger and eternal life. He kept mentioning the manna because they understood that miracle was from God. Jesus told them that if they believed in Him, they would have eternal life. Jesus hadn't died on the cross yet, but He was helping them understand that He was the only way they could have eternal life and a relationship with God.**

In the Old Testament, we read what Moses wrote about the manna. Read Deuteronomy 8:3. **Moses said they couldn't live only on bread. Moses told them what really mattered was what God said—God's words gave them life. They didn't really eat words, but their life would be better if they listened to and followed the things God told them. Jesus gave us many promises from God that will help us in our life.**

Let's finish by learning one more interesting fact about Jesus and bread. What town was Jesus born in? (Bethlehem) **If you were to look up what the name "Bethlehem" means, you would discover it means "the house of bread." Jesus was the true bread that people needed in their lives. In the Old Testament, God sent manna, bread from heaven, to feed the Israelites. In the New Testament, God sent Jesus, the Bread of Life to feed everyone.** Lead a cheer for Jesus, the Bread of Life!

Bible Story Questions:

- **What problem happened when the crowd came?** (There were 5,000 men in the crowd, and there were only five loaves of bread and two small fish to feed everyone.)
- **What miracle happened?** (Jesus thanked God for the five loaves and two small fish, and then the disciples passed them out to everyone. The people ate until they were full and there were 12 baskets of leftover bread.)
- **What bread miracle did the people remember from the Old Testament?** (God fed manna to Moses and the Israelites in the desert.)
- **What unusual name did Jesus call Himself?** (Jesus said that He was the Bread of Life.)
- **Why do you think Jesus it is important that Jesus was born in a town called "the house of bread?"** (Jesus was the true bread of heaven, so God was trying to show this to the people.)
- **What does it mean to you this week that Jesus is the Bread of Life?** Answers will vary.

Bible Story Activities:

Games:

- Gather the children in a large open area. Name a way to move and have everyone do that movement until they hear you name a type of bread. Call out several distractors until you name a bread and the children instantly freeze. If you catch anyone still moving, they sit out. Name the next movement and everyone says, "Jesus is the Bread of Life" and then they begin moving.

  Breads: French bread, pizza crust, pretzel, sourdough, focaccia, garlic bread, toast, bagel, English muffin, dinner roll, naan bread, tortilla, pancake, cornbread, hamburger buns, banana bread, croissants, baguette

  Movements: hop on one foot, move in slow motion, walk backward, crabwalk, crawl

- Ideas for Working with Older Kids:
  Divide the group into pairs. Have one person be the reporter interviewing the other person who pretends to be one of Jesus' disciples. After a few minutes, switch roles but interview a crowd member.

Craft Idea:

- Ideas for Working with Younger Kids:
  Give each child an outline of a slice of bread. Have the children color it and, depending on your group, let them cut it out. Then, have the children thank Jesus for the bread and pretend to eat it. Next, have the children repeat, "Jesus is the bread of life. He fills me

up with love." Repeat the process as the children share their bread with someone else. Continue, but let the children get their own bread back on the last time.

Worksheet:
Have the children use black markers to write the Hebrew words of Bethlehem. Guide the children to fill in the missing vowels in today's Declaration statement. On the back of their papers, have them write the letters of "Bread of Life" down the left side of the paper. Use each letter to begin a word, phrase, or sentence about Jesus being the Bread of Life.

Affirmation/Declaration:
Jesus is the Bread of Life.
I'm going to fill myself up with good bread—Jesus!

Make Connections:

Biblical Worldview Connection:
New superfoods are being discovered and heralded as the way to health. Testimonials are given on TV and the Internet touting the benefits of the superfood. We need to be giving testimonials of the benefits of the Bread of Life. As we live our biblical worldview, people should see something in us that is missing in them and ask about the source of peace, love, and joy. Encourage the children to eat a good meal of the Bread of Life by learning about Jesus and sharing what they learn with others.

Missions Connections:
Every culture has bread and knows the importance of bread. Pray for your church missionaries around the world to share the Bread of Life with people. Then, pray for all the missionaries in the room, reminding kids they are missionaries too! Encourage them to share the Bread of Life with people at their school, at their neighborhood, at the stores they visit, at the sports games, and at home.

Family Connection:
Make a loaf of bread together or walk down the bread aisle of a grocery store commenting on all the different types of bread. After eating bread, thank Jesus for satisfying better than bread. Talk about some types of spiritual hunger, such as knowing more about God, heaven, Jesus, and God's Word. Explain that we never get full and stop having spiritual hunger, but the more we learn about Jesus—the more we want to learn and know Him. Spend time together "feeding" your spiritual hunger.

Prayer Points:

Point out that we pray to God the Father and with the authority of Jesus' name. Model for the children how to pray for someone. Ask a volunteer what you can pray for them. Encourage the children to pray for each other. If they don't have any requests, they can always pray for each other to follow Jesus and grow in their love for God. Close the prayer time by thanking Jesus for being the Bread of Life.

Name _____

Lesson 9: Jesus Is the Bread of Life

Trace and write the Hebrew for Bethlehem, the house of bread.

Trace

בֵּית לֶחֶם

Bethlehem: bread house

Write

Bethlehem: bread house

Write the missing vowel on each blank.

J_s_s is the Br__d of L_f_.
I'm g__ng to fill _p with g__d bread – J_s_s!

BONUS: *On the back of this page, write the letters of "Bread of Life" down the left side of the paper. Use each letter to begin a word, phrase, or sentence about Jesus being the Bread of Life.*

ANSWERS

Lesson 9: Jesus Is the Bread of Life

Trace and write the Hebrew for Bethlehem, the house of bread.

Trace

בֵּית לֶחֶם

Bethlehem: bread house

Write

בֵּית לֶחֶם

Bethlehem: bread house

Write the missing vowel on each blank.

J e s u s is the Br e a d of L i f e.
I'm g o i ng to fill u p with g o o d bread — J e s u s!

BONUS: *On the back of this page, write the letters of "Bread of Life" down the left side of the paper. Use each letter to begin a word, phrase, or sentence about Jesus being the Bread of Life.*

COPYRIGHT POLICY
You may make copies of Charis Kids Curriculum for use in the church and home. You are not to alter any of the teaching in any Charis Kids printed material. Please feel free to share the website information with other churches, families, and homeschool groups.

CharisChristianCenter.com/Shop
© Copyright 2023 Charis Kids Curriculum. All rights reserved