

## A big lunch

 John 6.1-21

Jesus cannot escape the crowds. People follow after him. They are hungry for food, for the kind of leader they desire, and for satisfying their own agendas. Jesus responds by way of a miracle, taking a small portion of food and using it to feed the large crowd with plenty left over. Some people begin to believe in Jesus and in who he is. Jesus escapes by boat with his disciples. A storm blows up and Jesus comforts them by walking to them on the water.

Now read **John 6.1-21** see p.2 for text.

### A note on the passage

This passage is sometimes seen as an introduction to the idea of Jesus as the 'Bread of Life' and his giving of himself for the whole world. We learn of the generosity of God – when God gives, God gives abundantly. The story encourages us to give whatever we have, however little it may be, to God. God can make use of it – and us. We might also notice that, by being aware of what God is doing in the world, our faith is strengthened.



**Ask yourself:** What do you have that God might be calling you to share?

# REFLECT

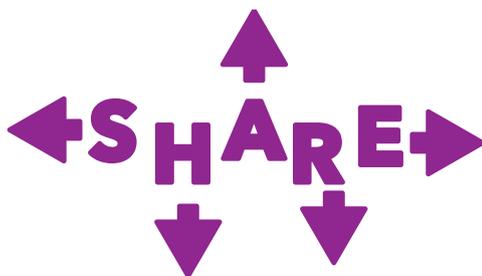
Reflect on your experience of the last 18 months of the Covid-19 pandemic. It has not been possible to meet in crowds like the one described here. As we (hopefully) begin to emerge from this difficult time, we will each feel differently about the way ahead. Some will have enjoyed their time of relative solitude, and may be apprehensive about gathering with others again. Others will have longed for human contact and can't wait to re-engage with the wider world and as many people as possible! How do you feel? How will you cope? What have you learned or valued during lockdown that you don't want to lose? What might you have to relearn? What do you want to let go? Encourage every member of the household, of ever age, to think about this.

## Pray



Use this prayer as a grace before meals through the coming week.

Heavenly Father, we thank you for food and friends and family, especially those whom we have missed during the pandemic. Give us joy in our meeting again, and teach us all to share what we have with others. Amen.



Share some food together – ideally something you can share easily, e.g. a pizza – and talk about all the good things which are happening in the world. Discuss events you are looking forward to and are thankful for. Consider how good it is to share all kinds of things with others, not just the food you are sharing now.



# BAKE

Prepare some food which lends itself to sharing – a simple pizza is ideal.

**You will need:** access to an oven, a pizza base (or make your own), 100ml passata, 1 tsp dried basil, 1 garlic clove, crushed, a handful of grated cheese, toppings according to taste (e.g. ham, pepperoni, peppers, mushrooms).

- Heat the oven to 240°C/220° fan/Gas 8.
- Mix together the passata, basil and garlic and spread evenly over the base.
- Scatter the cheese on top.
- Invite household members to choose their own toppings, and to place them in separate segments or 'wedges'.
- Bake for about 10 minutes, until the edges are crispy.
- Share and enjoy the pizza!



During this week, think of ways of sharing what you have with others. Donate (or donate extra) to a FoodBank, think of starting or resuming some volunteering work if allowed. Look for new ways to share your talents, experiences, resources, time.

Choose a version of the passage to read. The first is the ROOTS version for children, the second is the NRSV text which may be suitable for older children, young people and adults.

**J**esus crossed the Sea of Galilee and sat down with his disciples. Seeing that a large crowd had followed, Jesus said, 'Philip, where can we buy some bread for these people to eat?' Philip answered, 'We haven't got nearly enough money for that much bread!'



Andrew, Simon Peter's brother, said, 'This boy has five loaves and two fish, but that's nothing between all these people!' 'Make the people sit down,' Jesus said. So about five thousand people sat down on the grass. Jesus took the bread and the fish, gave thanks to God and handed the food out to the people. Everyone ate as much as they wanted. Afterwards Jesus said, 'Pick up the leftovers so that nothing is wasted.' So they picked up the scraps and filled 12 baskets!

After seeing the sign that Jesus had done, the people said, 'This really is the one whom God promised!' They wanted to take Jesus by force and make him their king, but Jesus escaped into the hills. Later, as it was getting dark, the disciples were out on a boat on the lake. It was windy and the water was rough. They were five or six kilometres out from the shore, when they saw Jesus walking on the water towards them. The disciples were terrified, but Jesus said, 'It is I. Do not be afraid.'

John 6.1-21

### Did you know?

- The word 'sign' here is another word for miracle – something that can only be done by God's power.

## John 6.1-21 (NRSV)

Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming towards him, Jesus said to Philip, 'Where are we to buy bread for these people to eat?' He said this to test him, for he himself knew what he was going to do. Philip answered him, 'Six months' wages would not buy enough bread for each of them to get a little.' One of his disciples, Andrew, Simon Peter's brother, said to him, 'There is a boy here who has five barley loaves and two fish. But what are they among so many people?' Jesus said, 'Make the people sit down.' Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, 'Gather up the fragments left over, so that nothing may be lost.'

So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, 'This is indeed the prophet who is to come into the world.'

When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.

When evening came, his disciples went down to the lake, got into a boat, and started across the lake to Capernaum. It was now dark, and Jesus had not yet come to them. The lake became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the lake and coming near the boat, and they were terrified. But he said to them, 'It is I; do not be afraid.' Then they wanted to take him into the boat, and immediately the boat reached the land towards which they were going.