

I am the Bread of life

- **Ask:** What's your favorite food?
- **Activity: Guess the object:** Show the children pictures of part of the following objects and see if they can guess what the object is. Here are some suggestions: a piece of fruit, a vegetable, water, a house/shelter, books, family, friends, clothes, a football, school, TV and a loaf of bread. When the children have guessed what the items are, show them the full picture of the object. (Younger children may need some help/clues). Talk to the children about the items and which ones we need to live - you could ask the children to put the objects in order. Hopefully fruit, vegetables, bread, water, house/shelter, family, friends, will be near the top with football and TV near the bottom of the list! Or you could try a variety of breads and ask the children what they think of the different breads. For example white, brown, olive, rye, sourdough, herby, pitta, naan, ciabatta, foccacia etc. Then discuss what we need to live - like water, food, air, clothes, house/shelter, family, education etc.
- **Sing:** Our God is a Great Big God available at https://youtu.be/uZNVaBNzs_Q, or Jesus Love is Very Wonderful at <https://youtu.be/VC4eb8Pk-3g> or Wiggle Freezer at https://youtu.be/tM_wGFVBBmA or Wiggle like a Worm at <https://youtu.be/YenZbKXjYg>.
- **Talk:** What do we need to live? **Air, water, food, shelter/home, clothes, family & friends.** What do you like to drink? What do you like to eat? Micah is talking about his favorite food today - lets see what he says.
- **Watch or Read:** Micah's Mailbag video 'Micah's favorite food' <https://youtu.be/36Nxp0QK6Pw>, or Lottie's 'I am the Bread of Life' on You Tube at <https://www.youtube.com/channel/UCfoRgvwNoapVwiU5UCF2ZMg>, John 6:35 at <https://www.biblegateway.com/passage/?search=John+6%3A+35&version=NIV>, .
- **Discuss:** Micah shared John 6:35 with us which says "Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."" Jesus doesn't mean he's a loaf of bread or a baguette. What do you think Jesus meant by this, or what does Micah say this means? **When we come to Jesus he fills us up and gives us what we need to keep us going in life, like bread does when we are hungry.** When it comes to life we need more than food, water, air - we need Jesus also to fill us up and keep us going. What does Dennis say in the video about sandwiches which can also be applied to Jesus? **Bread holds everything together in a sandwich just like Jesus holds everything together in life.** We need Jesus to hold everything together for us. We need Jesus just as much as we need food. How often in a day do you think about food? **Three times a day, lots of times, every second of the day.** How often do you think about Jesus in a day?

Lots, once or twice maybe not at all. Your challenge this week is everytime you eat or think about food, can you also think about Jesus and thank him for being in your life.

- **Prayer:** Dear Jesus, Thank you that you are in our lives. Thank you that you fill us up, hold everthing together and give us what we need to keep going. Help us Jesus to think about you more often and to thank you for all you do in our lives. Amen.
- Is there anything that the children would like to pray about?
- **Make: Flat Bread** (see recipe below): You can either make the dough with the children or pre make the dough and allow the children to kneed and roll it out. Or if you prefer, get a selection of bread and sandwich fillings (do be aware of any allergies). Help the children to make sandwiches to have at snack time/lunch/to share with others.
- **Activity: Weaving baskets:** You will need: paper plates, wool or thread and scissors. Cut 12 slits in the paper plate from the edge of the rim of the plate to the edge of the circle in the middle. Then take a piece of wool/thread and tie it around one of the flaps. Then weave your wool in and out of the flaps. If you have gone around the front of the first flap, then go around the back of the second flap and so on until you have used all the wool. Then tie off your end so it doesn't unravel and put things in your basket. It doesn't have to be bread!
- **Activity:** Print out the attached sheets and colour the pictures, do the crosswords, word searches and anagrams.
- **Play:** Shopping using play food and a till ask the children to buy things from the shop that they will need to live this week. You could put the pictures from the quiz in the shop too, and see if any of them choose a TV rather than food or water!
- **Drink and snacks:** Try the flat bread or sandwiches you made, or a biscuit if you have not made any bread or sandwiches.

Easy Flat Bread Recipe

Ingredients:

- 250g of Self Raising Flour
- 250g of Natural or Greek Yoghurt
- 1 Teaspoon Ground Turmeric Optional add other herbs such as parsley/coriander or crushed garlic if preferred.
- ¼ 60g extra Flour for flouring board, rolling pins and hands.

This recipe makes approximately 6 small flat breads. Double the mixture if more are required.

You could prepare the dough in the session or before this will depend on the age of the children and the time you have. Allow the children to knead the dough and follow steps 4-8 if time is limited.

Method:

1. Put the ingredients into a large bowl.
2. Mix the ingredients together until it forms a dough (a largish ball).
3. Put some spare flour on the boards for the children.
4. Split the dough into equal balls for each child and help them to knead the dough on the floured board.
5. Help the children to roll the dough into Flat Bread approximately 1-1.5 cm thick with their rolling pin.
6. Cook Flat Bread in pan or grill. We use a fry pan with a little olive oil.
7. Serve and eat with dips, curries or soups or on its own.

Notes:

The Flat Bread dough could be rolled thinner and used for a Flat Bread sandwich.

Sandwich Making

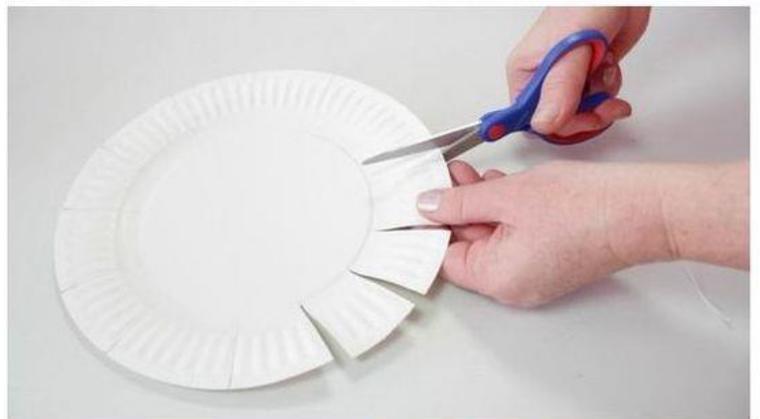
You will need:

- Bread - white, brown, rye, sourdough, pitta, naan, baguette, ciabatta, focaccia
- Fillings – ham, jam, cheese, chicken salami, crisps, pickle, tomato sauce, tomato, cucumber, lettuce, tuna, chocolate spread,
- Margarine/butter
- Knife for each child
- Plate for each child

Help the children to choose a type of bread and a filling. Then show them how to butter their sandwich and put their filling on. Finish the sandwich by putting the top layer of bread on and cutting it into half or quarters. Let the children eat them or save them for later.

Weaving Baskets

- Take a paper plate and cut approximately 12 slits around the outside rim from the edge of the rim to the circle in the middle (see pictures below).
- Choose a selection of thread or wool in different colours. Take your first colour and tie it around the first strip and then thread it through each strip around the front of the first strip and then around the back of the second, the front of the third and the back of the fourth alternating each time.
- When you run out of a colour tie a knot in the end to secure it and start with a new colour until the strips are all covered with wool/thread and the sides of the basket stand up held by the wool.



I am the bread of Life.

John 6:48



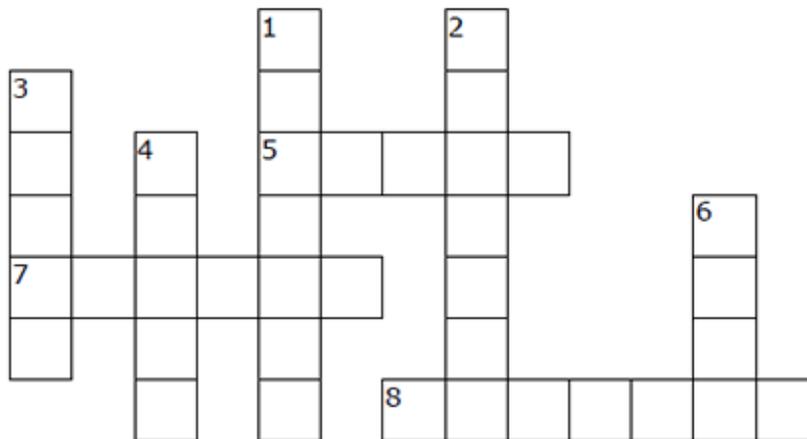
Heavenly Bread

"I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world." John 6:51 (NIV)

Puzzle is based on John 6:41-51



*"I am
the living
bread."*



ACROSS

5. To gain knowledge through experience or study
7. To make an effort to hear something; to pay attention
8. A person who speaks for God; Isaiah, for example

DOWN

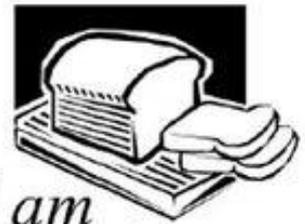
1. To accept as true or real
2. For everlasting time; eternally
3. The earth with its inhabitants
4. The Son of God
6. To continue to be alive

LIVE	BELIEVE	FOREVER	PROPHET
LEARN	LISTEN	WORLD	JESUS

The Living Bread

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E I H Q F G R W J D L O C H A
V V T O H D I E T I I P U M J
E V J J C E T O F E Q G A U N
R Y Y I K H A B N D L O T O O
L Z B O D U I V Z T O Q E O J
A B E L I E V E E F R I T E Y
S D V Z D Y C A F N Z U A S D
T M F J T E G A O L K D T E S
I M L E P O S X R L A A L H E
N S I H E J F E F E N T Z K U
G A V F S J V C R N N P R I R
A D I Z T E Q B A T W J K S X
R L N D R S Q M W O R L D U E
P T G O M U H U W F A X P A V
C O F L E S H W J P Z X T H N

FOREVER	ATE	WORLD	DIED	BREAD
LIFE	FLESH	DESERT	LIVING	JESUS
EVERLASTING	HEAVEN	TRUTH	BELIEVE	MANNA

Find the story in John 6 v 25-59

When did you last eat bread?

 When will you eat it again?

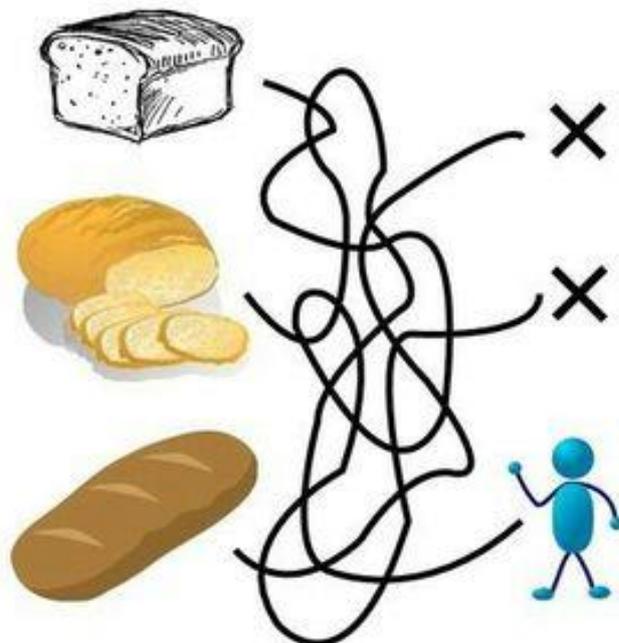
 Why do you eat?

Draw your favourite sandwich in the box below



Then Jesus declared I am
 the bread of life. John 6 v 35

Follow the paths below to find out
 which bread the man eats!



WORD SEARCH

W	D	A	W	H	I	T	E	R	Y
L	H	B	I	S	A	G	R	P	S
S	E	O	S	F	A	Z	Z	I	P
K	I	H	L	R	P	E	B	T	Z
C	O	A	A	E	O	V	Z	T	Z
I	G	R	I	N	G	L	E	A	B
T	Z	T	T	C	S	R	L	D	R
S	I	V	O	H	A	R	A	S	O
R	Y	L	B	A	M	Z	Z	I	W
C	E	F	G	W	J	N	A	A	N

BROWN
 HOVIS
 PITTA
 ROLLS
 WHITE

FRENCH
 NAAN
 PIZZA
 STICKS
 WHOLEGRAIN

Jesus the Bread of Life

"I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world." John 6:51 (NIV)

Complete the paragraph by filling in the blanks with the correct words from the word bank at the bottom of the paragraph.



I tell you the _____, he who believes has _____ life. I am the _____ of _____. Your forefathers ate the manna in the desert, yet they died. But here is the bread that comes down from _____, which a man may eat and not die. I am the living bread that came down from heaven. If anyone eats of this bread, he will live _____. This bread is my _____, which I will give for the life of the _____." John 6:47-51 (NIV)

bread
everlasting

flesh
forever

heaven
life

truth
world