



**Date:** \_\_\_\_\_  
**Series:** Signs on Believers' Hwy  
Winter Year 4, Lesson 40

# Jesus is the Bread of Life

**Take Home Point:** \*Jesus is food for your spirit.

\*Repeat this phrase throughout the lesson.

**Bible Event:** John 6:1-42

**Key Verses:** John 6:35, "I am the bread of life. Whoever comes to me will never become hungry, and whoever believes in me will never become thirsty."

**We will help kids know:**

- The Bible event of Jesus feeding the five thousand.
- Our spirits are hungry for a friendship with God. Jesus, the bread of life, satisfies that hunger.
- When we trust in Jesus as our Savior, we are eating the bread of life. We will have eternal life.




**We will help kids feel:**

- Joy because they have a friendship with God and the promise of everlasting life.
- Satisfaction because of the love they receive from Jesus.

**We will help kids do:**

- Make a tortilla snack to remind them that Jesus is the bread of life.
- Identify ways they have experienced spiritual hunger.
- Discuss how Jesus fills their spiritual hunger.
- Pray that they would not work just for the things of life that spoil but for that which lasts forever.

# THIS LESSON'S ROADMAP

DESTINATION	PAGE #	DISCOVERIES ON YOUR JOURNEY	SUPPLIES NEEDED
<b>Small Group Warm-Up</b> (15 minutes) 	3	Kids discuss Jesus as the food for our spirit while eating physical food.	<ul style="list-style-type: none"> <li>• sugar and cinnamon</li> <li>• a large flour tortilla</li> <li>• spoon</li> <li>• melted butter</li> <li>• Q-tips</li> <li>• plastic knife</li> <li>• paper plate</li> </ul>
<b>Large Group</b> (20-30 minutes) 	4  7  9  10	<b>Overview</b>  <b>Puppet Presentation:</b> “Gordy’s World Famous Sandwich”—Gordy shares the ingredients for his World Famous Sandwich  <b>Video:</b> <i>The Gospel of John</i> DVD--- John 6:1-42  <b>Puppet Conclusion:</b> “Gordy’s World Famous Sandwich”—Gordy learns that Jesus is food for our spirits that last forever.	<ul style="list-style-type: none"> <li>• Gordy</li> <li>• orange construction vest</li> <li>• construction hat</li> <li>• work boots</li> <li>• sign on stick that says, “He is the Son of God, Savior and Christ.” (p. 11) And on the back, “He feeds your _____ (spirit), he is the bread of ____ (life).” (p. 12)</li> <li>• two or four chairs</li> <li>• cardboard car front</li> <li>• DVD <i>Gospel of John</i>, produced by Visual Bible International, 2003 (order from <a href="http://www.visualbible.com">www.visualbible.com</a> )</li> <li>• spray bottle of water or squirt gun</li> </ul>
<b>Small Group Application</b> (20-25 minutes) 	4	Kids eat the bread they made as they discuss hunger for the bread of life.	<ul style="list-style-type: none"> <li>• bowl of cinnamon sugar mixture</li> <li>• bowl of butter or margarine</li> <li>• knife</li> <li>• paper plates</li> <li>• ½ tortilla per child</li> </ul>

# Small Group Warm-Up: 15 minutes



**Purpose:** *Get pointed in the right direction! Build relationships and help guests feel at ease. Do the learning readiness activity that will point your group in the right direction for the lesson.*

*Supplies: sugar and cinnamon, large tortilla, spoon, melted butter, Q-tips, plastic knife, paper plate*

Ask the following.

**What do you like to eat when you are *really* hungry?**

**Today we will make a snack for you to eat. Write the food you like to eat on this tortilla with butter. We will put sugar and cinnamon on it and we will nourish our bodies with it.**

Let each child write a word on the tortilla using melted butter and a Q-tip. The shepherd will sprinkle on sugar and cinnamon.

Roll up the tortilla and cut it in slices to share with kids. Continue with:

**What does God give you for your body to have life?** *(Food and water. More might be mentioned but we are talking today about God giving us food that provides for our physical body.)*

**There is another type of life that we have. This life is called *spiritual* life. You see, each one of us has a spirit. Our spirit is the very deepest part of ourselves. It is different than our bodies. You can see your body, but you cannot see your spirit.**

**Your spirit is special, just like your body. There is only one body like yours and one spirit like yours. Your spirit knows your thoughts, understands your feelings, and is even affected by your desires. Your spirit can be hungry, not for physical food but for spiritual food.**

**Our spirits are hungry to have a friendship with God. Our spirits want to know him and live with him forever. Our spirit takes a special kind of food to satisfy that hunger. It is not food from a grocery store. It is *spiritual food*.**

**Today we will discover that Jesus said, "I am the bread of life." That means *\*Jesus is food for your spirit*. When we trust in Jesus as our Savior, we are eating the bread of life. It takes care of the hunger in our spirits.**

# Large Group Overview: 20-30 minutes



**Purpose:** *Help kids observe what the Bible says. Present the Bible event in creative fashion. Help kids begin to interpret what it means.*

**Puppet Presentation:** “Gordy’s World Famous Sandwich”—Gordy shares the ingredients for his World Famous Sandwich.

**Video:** *The Gospel of John* --- John 6:1-42.

**Puppet Conclusion:** “Gordy’s World Famous Sandwich”—Gordy learns that Jesus is food for our spirits that last forever.

# Small Group Application: 20-25 minutes



**Purpose:** *Help kids map out the meaning of the Bible event in their lives. Use the questions to stimulate discussion but don't feel tied to them. Allow the Holy Spirit to guide you. Include personal examples from your own faith journey. The example of Christ at work in your life will leave lasting impressions of how Christ can work in the children's lives.*

*Use your Bibles! Children need to learn how to look up references and follow along when scripture is read aloud. Allow for quality time of prayer at the close of the lesson.*

## Observation Questions: What happened?

Have kids refer to John 6:1-42 in their Bibles.

**There was a large crowd of how many people?** (*John 6:10. Five thousand men, not counting women and children.*)

**One boy offered his lunch. What did he have to offer?** (*John 6:9. Five loaves of bread and two small fish.*)

**Before Jesus gave the loaves to the people, he did what first?** (*John 6:11. Jesus gave thanks.*)

**When Jesus distributed the food, everyone had all they wanted to eat. How much food did they collect as leftovers?** (*John 6:13. Twelve baskets.*)

**After that, why did people come looking for Jesus?** (*John 6:26. They wanted more food handouts.*)

## **Interpretation Questions: What does this mean?**

Jesus said, "Don't work for food that spoils." (*Verse 27.*) Can you give examples of food that spoils?

In verse 27, Jesus said, "...work for the food that lasts into eternal life. This is the food the Son of Man will give you." What do you think he means? Can you give an example of the kind of food Jesus is talking about?

Read John 6:35.

What kind of food did Jesus say he was? (*The bread of life.*) What do you think he meant by that?

What did he say would happen to those who come to him and believed in him? (*They would never go hungry or thirsty.*) What do you think he meant by that?

Compare food that perishes with food that lasts forever. How are they alike? How are they different? (*They both provide nourishment and we need both. One is for our physical bodies and one is for our spiritual self.*)

## **Application Questions: What does this mean to me?**

Application Activity:

*Supplies: bowl of cinnamon and sugar mixture, bowl of butter or margarine, plastic knife, paper plates, ½ tortilla for each child, napkins, Q-tips*

Give each child a ½ tortilla. With melted butter and a Q-tip, let them write the word LIFE on the tortilla and then sprinkle sugar and cinnamon on the word. They may eat this snack while talking about spiritual food that God gives us.

As you eat your snack, discuss the questions:

**Think about a time your spirit was hungry because you wanted to know more about God and wanted to be his friend. Tell us about that time.**

You may need to share a personal example to get the discussion going.

**Think about a time your spirit was hungry; when you had done something wrong and felt bad about it and you needed to know that you could still be friends with God. Tell us about that time.**

**In our key verse from John 6:35, Jesus says, *"I am the bread of life. Whoever comes to me will never become hungry, and whoever believes in me will never become thirsty."***

**When your spirit is hungry, how does Jesus, the "bread of life," come into your life? *(Simply by trusting him as your Savior.)***

**If anyone does not feel like he is a friend with God, or does not know Jesus as Savior, then he needs the bread of life. Do you want to place your trust in Jesus? There is a simple prayer that we can pray together that will help you trust and accept Jesus as your Savior. We can pray together. Only say it if you really mean the words.**

**Dear God, you know that each of us has a hunger in our spirits to be friends with you. You want to be friends with us. You want to give us all of your joy and your peace. We admit we sin and need a Savior. We need Jesus, who can make us friends with you again. Thank you that Jesus is the Bread of Life and gave his life for us on the cross. Right now, we place our trust in him as our Savior and want to follow him in every way. Thank you that *\*Jesus is food for our spirits!* In his name, we pray, Amen.**

**A Closer Look: (Use these additional questions, if time permits.)**

**Do you think people today are starving in their spirits? Can you give an example of a way someone might try to fill up his spirit with something that really doesn't fill him?**

**Think of your favorite food that is good for you. Jesus said *he* was food for the spirit. How is Jesus like your favorite food? *(He makes you feel good and happy inside.)***

**If you were going to tell someone how he could get this food that never goes away, what would you tell him?**

**Closing prayer:**

**Thank God for giving us a life with Jesus. Thank him that Jesus gives us spiritual food that satisfies us forever. Also pray for children's special requests as they are offered.**

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# Large Group Presentation: 20-30 minutes

## Signs on Believers' Highway Series

*The book of John points to miracles as signs and proof that Jesus is the Christ, the Son of God. The imagery of road construction signs will be used to exemplify the signs that Jesus performed as told in the book of John. The road worked on is referred to as "Believers' Highway" to show we are all on a journey in our faith.*

*The presenter is dressed in an orange construction vest, hat and work boots and holds a different road sign each week that is fitting with the Bible event. Another important prop is the simulated car set-up with two or four chairs facing the audience and a cardboard car front (See lesson 34). Shepherds and children are both involved as observers on the highway. They are called up to drive the car and answer questions, give feedback and interact with or about the event.*

*This series uses "The Gospel of John" DVD series as a visual to show the events of the Bible.*

*Supplies: orange construction vest, construction hat, work boots; sign on stick that says, "He is the Son of God, Savior and Christ" and on the back of the sign, "He feeds your \_\_\_\_ (spirit), he is the bread of \_\_\_\_ (life)," two or four chairs; cardboard car front; spray bottle of water or squirt gun; DVD Gospel of John, produced by Visual Bible International*

## Gordy's World Famous Sandwich Puppet Presentation

The presenter enters wearing an orange construction vest, hat and work boots.

**Presenter:** Kid's should we call Gordy?

*Kids call for Gordy. Gordy, Gordy, Gordy.*

**Presenter:** How are you doing today, Gordy?

Gordy: Not too good!

**Presenter:** Why is that?

Gordy: I'm starving! We were talking about our favorite food in small group and I really want mine right now!

**Presenter:** So, you are craving your favorite food. What is it?

Gordy: It's the best sandwich ever—a world famous sandwich. I made it up myself.

**Presenter:** I am really interested in knowing what is on this sandwich. Can you tell us?

Gordy: I don't know. It's a secret recipe. Can I trust you?

**Presenter:** If it's really the best sandwich ever, we would all like to try it. You can trust us to keep it secret.

Gordy: Okay. Here it is. It's a peanut butter, jelly, bologna, cheese, and pickles on white bread... with the crusts cut off.

**Presenter:** Well, Gordy, that sounds uh...very interesting.

Gordy: It's a great combination, isn't it! I bet it makes you hungry, too.

**Presenter:** Well, I don't know. Kids how many of you are hungry for one of Gordy's sandwiches? I see that some of you are. But, Gordy, today we are talking about filling a hunger that is more than filling your tummy with a sandwich.

Gordy: Yeah, we are talking about spiritual hunger. I was listening in small group.

**Presenter:** Great. So what is spiritual hunger?

Gordy: Spiritual hunger is when your spirit gets hungry for extra pickles on your sandwich.

**Presenter:** That's not quite right, Gordy. Spiritual hunger doesn't need physical food. Spiritual hunger needs spiritual food. God says that when we are spiritually hungry in our innermost part or spirit, we need something that will fill us in the inside and satisfy us.

Gordy: What's that?

**Presenter:** Let's watch this video, and see if you, along with the kids, can discover what (or who) is food for your soul.



## Video

Show a clip of *The Gospel of John* DVD, produced by Visual Bible International, 2003. covering John 6:1-42. Begin when the narrator says, "Jesus later crossed to the other side of the Sea of Galilee (or the Sea of Tiberius)." End just after a man from the crowd says, "Isn't this man Jesus, Joseph's son? Don't we know his father and mother? How can he say now, 'I came from heaven?'" The running time is approximately 11-12 minutes.

## Signs along Believers' Highway

John 6:1-42

The presenter holds a sign that says, "He's called the Son of God, Savior and Christ." The back of the sign says, "He feeds your \_\_\_\_\_ (*spirit*); he is the bread of \_\_\_\_\_ (*life*)." He will be careful to only show the front for now until the back of the sign is needed for a game.

**Presenter: I need some volunteers. I need two kids and a shepherd to come up, get in the car and get ready to drive.**

Have volunteers come up onstage and arrange them so that kids are in front driving and the shepherd is in the back.

**On "Believers' Highway" kids can drive just as well as adults because we are all growing in our spiritual journey, learning to trust Jesus the Messiah, the Son of God. So buckle your seat belts, and let's go for a ride!**

**Let's ask our people in the car a couple of questions. If you get the question right, you will get to squirt the audience. But, if you miss, I get to squirt you! Deal?**

- 1. How many pieces of bread and how many fish did the boy give up?** (*Five loaves and two fish.*)
- 2. It was a large crowd and they only counted the men. How many men were there?** (*Five thousand.*)
- 3. Jesus claims to be the bread of God who comes down from heaven. Why did people have a hard time believing him?** (*They knew his parents and saw him grow up. He seemed just like all people.*)
- 4. Was Jesus more interested in giving them food for their bodies or food for their spirits?** (*Food for their spirits.*)

I've got a rhyme on my sign. On the front of the sign it says, "He's called the Son of God, Savior, and Christ." And the back says, "He feeds your \_\_\_\_\_ (*spirit*); he is the bread of \_\_\_\_\_ (*life*)."  
Who thinks they can answer the riddle?

## **Jesus, Our Spiritual Food**

### **Puppet Conclusion**

**Presenter:** Gordy, do you understand what or who is spiritual food now?

Gordy: I think so. Jesus says he is the bread of life. So, Jesus would be the food to feed our spirit. That seems kind of strange. We can't eat him.

**Presenter:** That's true. But, he can become a part of you. When you believe in Jesus as God's Son and as your Savior, he comes into your heart just as real as if you ate a sandwich.

Gordy: That is as good as my famous Gordy sandwich?

**Presenter:** Maybe even better. The good thing about Jesus is he's food that satisfies you. If you have a troubled spirit, and he gives you life that lasts forever! This food will give you eternal life so you can be with Jesus forever.

Gordy: That's cool!

**Presenter:** Why don't you close us in prayer, Gordy?

Gordy: Dear Jesus, sometimes we do get hungry for something other than a Gordy sandwich. We are hungry in our souls when we feel lonely inside, or just yucky because we have goofed up. Jesus, you said you are spiritual food. Come into our hearts and fill us up so it lasts a long, long time—like forever. In Jesus' name, Amen.

**He's called the  
Son of God,  
Savior and  
Christ.**

**He feeds your  
(*spirit*), he is the  
bread of (*life*).**