



Date: \_\_\_\_\_

Series: God is Our Rescuer  
Summer Year 2, Lesson 7

# Satisfy Your Spiritual Hunger

**Primary Scripture:** John 6:32-35

**Key Verse:** John 6:35, “Jesus told them, ‘I am the bread of life. Whoever comes to me will never become hungry, and whoever believes in me will never become thirsty.’”

## **How does this address a need in our kids' lives?**

Kids need to understand that they have spiritual needs as well as physical needs. They can relate to being physically hungry or physically sick. The same can be said about them spiritually. They can be spiritually hungry. This means that the core of their soul needs to be filled with the presence of Jesus. They need to feel his love, his forgiveness, and his leading. They can also become spiritually sick if they fill themselves with an unhealthy spiritual diet. Examples of this are television and movies that suggest doing ungodly things. This can lead to becoming spiritually weak Christians. Instead, kids need to feed on God’s presence as they open their lives to his power and his word.

## **How does Jesus fill this need?**

**Jesus for us:** Jesus gave himself for us through his death and resurrection so our spiritual hunger and thirst would be satisfied. He wants to live in us so that we will completely experience his love. Through Jesus’ payment for sin on our behalf, he offers us forgiveness and healing for the times we have made ourselves spiritually weak.

**Jesus in us:** Jesus gives us spiritual power when we have faith in him. His complete presence lives in us so that we can be more like him. The more we turn over the control of our lives to Jesus’ presence, the more we seek to do the Father’s will as opposed to satisfying our own fleshly desires.

**Jesus through us:** Satisfied people cannot help but talk about what satisfies them. As Jesus meets our spiritual needs, we are eager to share that message with others.

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## Stamp of Excellence:

*Remind the kids what excellent worship looks like. We are in God's presence to honor him. Put on your best manners. This might include wearing your name tag, participating eagerly at all times, listening when the leader is talking, raising your hand to speak, not distracting others, playing the learning game with cooperation, singing enthusiastically, and praying reverently. Offer rewards or positive reinforcement to those who worship with excellence.*



## Worship

### Invocation:

*Let kids bring forward the worship symbols such as the cross, candles, Bible, and offering plate. Invite God's presence and call by name Father, Son, and Holy Spirit.*

### Attention Grabber:

*Capture the children's attention and help them focus on the worship theme for the day.*

*Supplies: Two Twinkies hidden from the view of the audience.*

The following quick questions are designed to lure the audience into not admitting if they are hungry.

**Hi, kids! Are you doing great today or are you missing something?  
Have any of you missed any sleep? Are you tired? Are you too cold  
or too warm? Is anyone here hungry?**

Now show them a Twinkie.

**Does seeing this make you hungry?**

Unwrap the Twinkie and bring it within smelling distance of the audience.

**Does smelling this Twinkie make you hungrier?**

Finally, eat the Twinkie with drawn out pleasure.

**Does watching me eat this make you hungrier?**

The children should now be screaming that they are hungry! Set the other Twinkie out in view so it reminds everyone of today's theme.

Today we are talking about being hungry, but we are not talking about hunger in our bodies. We are talking about hunger in our spirits. You may not have realized that you can be hungry in your spirit. You may not realize it until we learn about it today. That's just like not realizing you were hungry until you saw how good the Twinkie looked.

Jesus said in John 6:32, 35 *"I can guarantee this truth: Moses didn't give you bread from heaven, but my Father gives you the true bread from heaven. God's bread is the man who comes from heaven and gives life to the world...I am the bread of life. Whoever comes to me will never become hungry, and whoever believes in me will never become thirsty."*

What is God's bread? Is it just something you eat that fills up your body? No! God's bread is spiritual food. God's bread is Jesus. He says, *"I am the bread of life."*

Let's pray.

Dear God, we ask that you would be with us today so that we would have spiritual food to eat. That's better than Twinkies! It is your own Son, Jesus. You want to fill our lives with his presence. Come and be with us as we worship you. Thank you for giving us your Son, Jesus, the bread of life. In his name, we pray. Amen.

## **Songs of Worship:**

*Choose two or three songs. Briefly introduce songs so kids can better understand what they are singing and be drawn into a more focused worship. Keep the attention on God!*

Your choice of music.

## **The Power of the Cross:**

*Jesus has given his life for us that we might have forgiveness and power to live for him.*

What junk food have you put into your spirit this week? Did you watch something on TV that wasn't good for you? Did you hang out with friends that were bad for you? Close your eyes and remember putting that junk into your spirit. It is horrible.

Now think about the good things you could put in your spirit. Did you spend time learning more about Jesus? Did you listen to songs about Jesus? Did you spend time talking to Jesus in prayer?

**Jesus wants to fill us up with himself instead of all the junk. He is our bread of life. Did you notice the word “life?” God wants to give us life through his Son, Jesus. All that junk doesn’t need to stay in our spirits anymore because Jesus has gotten rid of it. Let’s pray about that.**

**Dear Jesus, thank you for giving me spiritual food to help me grow. I am so sorry for the times I “eat” things that are bad for my spirit. I ask for your forgiveness. I know that, because of your death on the cross, you have taken all my “junk” or sin away. Please help me be faithful about putting in my spirit only things that will help me grow spiritually. Amen.**

## **Song of Response:**

*Choose a song to help the children turn to Jesus. Or, you may want to help them celebrate what God has done by singing a song of praise.*

## **Offering:**

*Teach the importance of giving. Talk about the mission activities they are supporting.*

As the kids bring forth their offering, point out that they are giving money.

**Can money buy spiritual food? Could money buy Jesus? No! Money can’t do that.**

**When we give money, Jesus can use it to help pay for all the things that the church does to help people get spiritual food. That is important because, if no one gave money, we would not have a place to come and learn about Jesus. We would not have money to help pay pastors and teachers. We would not have money to help people in far away places that have never heard about Jesus.**

**Remember that, even though you cannot buy spiritual food with money, God can use our money to let more people know that he offers them spiritual food to fill up their souls. He offers us Jesus, who is God’s bread of life for us.**



# The Word

## Learning Game:

*Some churches dismiss children from the adult service at this time to join Kids Church. The learning game provides a fun kinesthetic activity to help kids connect with each other. The learning point will help reinforce the theme of the day.*

*Supplies needed: the remaining Twinkie from Attention Grabber and four angel food cakes*

Ask for everyone who likes Twinkies to raise their hand. Then hold up the Twinkie left from the beginning of the service and say:

**Everyone who'd like to eat this Twinkie right now, stand up.**

Choose three of those standing to come forward, break the Twinkie into three parts, and let each one eat his/her portion. Ask:

**Was that good? Was it so good that you'd like some more?**

Next, show the four whole angel food cakes. Ask:

**Who would like to eat all four of these cakes right now?**

**This would not be very good. This is too much junk food and it would make us sick.**

**Sometimes we put too much junk food in our spirit. This happens when we do things like watch too much TV, hang out with the wrong kind of friends who only say bad things, or listen to music with bad words. Putting junk food in our spirit is something we do to try and fill the need for love in our life, when instead we need to turn to Jesus and receive that love.**

**I'm not saying that TV is bad, or that friends are bad, or that things that make us feel good are bad. But the one thing we need above all others is a relationship with Jesus. Jesus is the bread of life. Anytime we try to fill our life up with things, and those things keep us from having a relationship with Jesus, then those things are like junk food in our spirit.**

## Bible Reading:

*Help children pay attention by giving them a word or concept to listen for as you read. Consider letting a child read who could do so with excellence.*

The Bible event today of Jesus feeding the five thousand is from John chapter six. The video *The Animated Stories from the New Testament: Bread From Heaven* will be shown. Nest Entertainment produces this video. Order from [http://www.nestfamily.com/store/product\\_detail.asp?productID=BHD](http://www.nestfamily.com/store/product_detail.asp?productID=BHD). Total length of video is 22 minutes, 45 seconds from title frame to start of credits.



# Witness

## Witness and Tell:

*Give children opportunities to share how God is working in their lives. It is best to use a microphone to ask children interview questions around the theme for the day.*

**Tell about how God has worked in your life this week.**

After several kids have shared, say:

**These experiences are examples of Jesus, the bread of life, working in our lives and giving us the spiritual food of his presence.**

## Prayer:

*Let the kids pray out loud. If you are using a microphone, invite children to form a prayer line and speak their thanksgivings or requests. If you have portable microphones, you can roam the audience. Kids can also go to prayer stations set up for specific types of prayer.*

## Blessing:

*Speak a blessing prayer over the children. Personalize this to your setting. Use a special scripture verse or blessing around the theme of the day.*

## Song of Sending:

*Choose one song. Briefly introduce song so kids can better understand what they are singing and be drawn into a more focused worship. Keep the attention on God.*

## Supplies:

### Attention Grabber:

- Package of two Twinkies

### Learning Game:

- Remaining Twinkie from *Attention Grabber*
- four angel food cakes

### Bible Presentation:

- video, *The Animated Stories from the New Testament: Bread From Heaven*. Nest Entertainment produces this 25-minute video. Order from [http://www.nestfamily.com/store/product\\_detail.asp?productID=BHD](http://www.nestfamily.com/store/product_detail.asp?productID=BHD)

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