

Jesus' "I am statements"

Jesus is the bread of life

Top Truth: Jesus is the bread of life

Memory Verse: "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."" - John 6:35 (NIV)

Bible Lesson with reference: Feeding the 5,000 and Jesus says He is the bread of life - John 6:1-59

Story: Freddie the bird feeder



Point of the Lesson

This lesson is one of 2 lessons inspired by Jesus' own words about Himself. Jesus said: "I am the bread of life." This is an important lesson for children to learn because although we all have a natural physical hunger inside of our stomachs, our souls also have a hunger. The hunger that our eternal souls have is for something that physical bread cannot satisfy; for that we need another type of 'spiritual bread' to keep us alive. The deep truth is that when we believe in Jesus our souls will never be hungry again.

Material:

Introduction: Illustration of various bread types with their country flag beside them - injera (Ethiopia), naan (India), tortilla (Mexico), baguette (France) (Suggested object: local bread)
Bible Lesson: 1 robe for Jesus, basket with bread/fish (optional), 2-3 robes for 'crowd'
Story: Frames

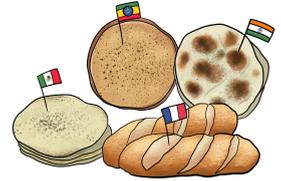


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Introduction

Material: Illustration of various bread types with their country flag beside them - injera (Ethiopia), naan (India), tortilla (Mexico), baguette (France) (Suggested object: local bread).

All over the world, in almost every country and culture, there is some type of **bread** that people make. *(Point to illustrations // Hold up bread)* Whether it's the spongy injera in Ethiopia, the flat**bread** naan in India, the round and flat tortillas in Mexico or the long baguettes in France, **bread** is a necessary and staple food item for people to eat. But as with all foods, you can eat a whole bunch of **bread** in the morning and yet by the evening you're hungry for more **bread** again! That's just the way that our bodies work. We eat food, it nourishes our bodies and gives us strength for a while, but it doesn't last forever. No matter how good and filling the **bread** that you eat is, undoubtedly you'll need to eat more **bread** again soon.



(Point to illustration // Hold up bread) Just like our bodies need physical food like **bread** to eat, our souls need food to eat, too. But where can we find **bread** for our souls? The Bible has the answer to that actually!

Look at what today's memory verse 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."" - John 6:35

Jesus tells us that He **is the bread of life**. *(Point to illustration // Hold up bread, break off a piece to eat)* You see, just like real **bread** feeds our physical bodies, **Jesus is the bread of life** that feeds our souls. Now it's pretty obvious that we can't actually eat **Jesus** of course! But when we believe in **Jesus** and the words that He's spoken, that's just like eating **bread**. Just like you take real **bread** into your stomach, we can take **Jesus'** words and teaching into our hearts and minds. And this is the most amazing thing: *(Point to illustration // Hold up bread)* real **bread** like this doesn't last forever; our bodies will grow hungry for more **bread** eventually. But when we believe in **Jesus**, our souls will never be hungry for something else again. **Jesus** completely fills us up forever. **Jesus is the bread of life**.

Examples:

(You can use the examples below or exchange them with examples adjusted to the needs of the children in your program)

- When you believe in **Jesus** and ask Him into your heart then you can be certain that you will spend eternity in heaven with God. You don't have to search for another way to heaven, **Jesus** it is! **Jesus is the bread of life**.
- Learning the lessons we teach each week is **bread** and food for your soul. The words of **Jesus** will never perish or go bad, they are truth for all of eternity. **Jesus is the bread of life**.

(Point to illustration // Hold up bread) Just like real **bread** feeds your stomach, **Jesus is the bread** that feeds your soul. Believing in Him, knowing His words and living by what He says feeds your soul not just here on earth but for all of eternity in heaven also. That is the type of **bread** that you need to be eating! **Jesus is the bread of life**.

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Bible Lesson

Feeding the 5,000 and Jesus says He is the bread of life - John 6:1-59

Material: 1 robe for Jesus, basket with bread/fish (optional), 2-3 robes for 'crowd'.

When **Jesus** walked on the earth He did many miracles. (*Jesus and disciple enter holding basket. 'Crowd' enters from opposite side. Disciple hands piece of bread to 'crowd'. 'Crowd' exits.*) There was one time when He fed over 5,000 people with only a couple of loaves of **bread** and a few fish. It was amazing how **Jesus** multiplied the little **bread** that they had and turned it into enough for thousands of people to eat until they were full. (*'Crowd' enters looking around for Jesus, holding stomachs as if hungry*) But the following day many of the same people came looking for Him in a different location. They were looking for **Jesus** because He had fed them and now they were hungry again for more **bread**! (*Jesus stepping closer to 'crowd'*) But **Jesus** used that opportunity as a chance to teach them about the true **bread** that comes from heaven and that would last forever...

Jesus said: "Don't be so concerned about perishable things like food. Spend your energy seeking the eternal life that the Son of Man can give you...for the **bread** of God is the **bread** that comes down from heaven and gives life to the world."

Person in crowd: "Always give us this **bread**."

Jesus said: "I am **the bread of life**. Whoever comes to Me will never go hungry, and whoever believes in Me will never be thirsty."

Jesus told the people very plainly: I am **the bread of life**. They had come to Him for physical **bread** to eat and **Jesus** talked to them about the spiritual **bread** that would feed their souls forever.

Freeze! (*Teacher stands right next to actors pointing at them*) Now let's be clear, many people come to **Jesus** wanting their physical needs met, for God to take care of the hunger in their stomachs and that's not a bad thing! **Jesus** can and will take care of that for us. But **Jesus** was saying what is even more important than that is the type of **bread** that He offers us, which is food for our eternal souls. **Jesus is the bread of life**.

Examples:

(*You can use the examples below or exchange them with examples adjusted to the needs of the children in your program*)

- Yes, we need to eat food, but our souls need the life and strength that we can get when we spend time in prayer talking to **Jesus**. We need nourishment for our souls that only **Jesus** can give us. **Jesus is the bread of life**.
- Reading the Bible to learn **Jesus'** words is important. Following **Jesus'** teaching gives us life. **Jesus is the bread of life**.

Jesus fed the people physical **bread**, but He was the real **bread** that they needed for their souls. We need exactly the same thing in our lives. **Jesus is the bread of life**.

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Story

Freddie the bird feeder

1. Frame: There stood a large tree in the middle of a city park and it was home to a variety of different birds. One day all of the birds noticed a new face around - it was Freddie the bird feeder. Freddie perched himself on one of the branches and within minutes all of the birds had flocked to him! But the thing about Freddie was that he didn't just offer to feed them seeds, he offered to feed them words of truth and wisdom, too. Most of the birds, however, were only interested in the seeds.



2. Frame: "Oh I'm so full, I ate so many seeds," Brittney said later, laying back in the nest holding her big bulging bird belly with her wings, "I think I'm gonna burst!" She wasn't the only one either. All of the birds had eaten seeds until they were stuffed full and laying around complaining of stomach pains! "I think I'll never have to eat again," said another one of the birds jokingly. But of course that feeling didn't last very long.



3. Frame: RAAAWWR! Brittney woke up early the next morning to an insanely loud sound of her stomach rumbling with hunger! The sun had only just risen so it surprised Brittney to see someone already with Freddie feeder when she arrived. "Buster is that you?" she asked her brother with a big sleepy yawn, "are you hungry for seeds again, too?" But Buster shook his head. "I'm hungry to learn from Freddie," he said, "and he's been feeding me a lot of knowledge and truth."



Preaching Point

Freddie feeder was there to feed the birds seeds, but also to feed them words of truth and wisdom. That is just like **Jesus**. He can take care of our physical needs and hunger for **bread**, but His real food and **bread** for our eternal souls is His truth for our lives. **Jesus is the bread of life.**



Today's memory verse says the following:

"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.'" - John 6:35

Examples:

(You can use the examples below or exchange them with examples adjusted to the needs of the children in your program)

- There is nothing more important in our lives than believing in **Jesus** Christ. He saves us and gives us eternal life. **Jesus is the bread of life.**
- Having a hunger for more of **Jesus** in your life is more important than physical food. **Jesus** gives life to our souls. **Jesus is the bread of life.**

Jesus is the bread of life who offers us more than just physical **bread**, just like Freddie feeder was offering the birds more than just physical seeds to eat.

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4. Frame: Later that morning when all of the other sleepy birds had finally woken up, Freddie feeder was gone. "Where'd he go?!" all of the birds demanded. "He went on to another park," Buster tried to explain, but none of the birds seemed happy to hear that. "Huh?! Another park?! Our stomachs are growling for more seeds," they all complained. They were all complaining so much that they didn't even notice the dark storm clouds starting to brew up above.



5. Frame: "Hey guys..." said Buster with one eye on the dark sky, "...the sky is getting super dark and eerily green, a bad storm is coming. We all gotta leave the tree." The rain had even started to fall, but still none of the birds paid any attention, they were only thinking about the seeds. "This is silliness," Buster said, "eating seeds isn't as important as our lives!" Yet still, nobody paid Buster any mind.



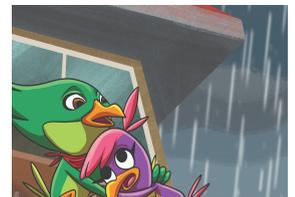
6. Frame: Just then the dark clouds let out a deep rumble throughout the sky and Buster's heart beat rapidly inside of his chest - he knew there wasn't a moment to waste trying to explain any more to anyone. "Brittney! Forget about the seeds, we've gotta leave RIGHT NOW!" he shouted in a panic as he grabbed his sister by the wing and flew away from the tree and its branches...and just in time, too.



7. Frame: CRACK! Suddenly, the dark clouds were parted by the brilliantly bright bolt of lightning that zig-zagged down toward the earth. ZAP! The lightning struck the tree with such intense force that it instantly caught fire. Within seconds the entire tree was in flames! Buster and Brittney had flown just far enough away that the fire missed singeing their feathers. However, the same couldn't be said for the rest of the birds who had only been concerned about the seeds.



8. Frame: Buster and Brittney landed a safe distance away and hid underneath the shelter of a building. "You saved our lives," Brittney said. "No, it was Freddie feeder who saved us," said Buster, "It's just that I'm the only one who listened to him." Brittney's eyes widened. "Really?" she said. "Yes, Freddie tried to warn all of the birds about the coming storm and how to be saved but everyone thought he was just there to feed us seeds. He was really trying to feed us something even more important: his words and his teaching."



Point of Decision

Jesus is the bread of life and when you believe in Him your soul will never be hungry again because **Jesus** will give you life and strength here on earth and eternal life in heaven also. If you want to believe in **Jesus** and give your heart to Him then we can pray together now.



Final Prayer

Dear **Jesus**, I believe in You. You are everything that I need. Please fill my heart. In **Jesus'** name, amen.



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Game Questions:

1. In last week's lesson we said that Jesus is the bread of **WHAT?**
Life
2. In last week's lesson we said that Jesus fed **HOW MANY** people?
5,000, 5 or 500
3. Last week's memory verse said that someone is the bread of life and that is **WHO?**
Jesus

