

Bread of Life

By Amber Espinosa

At this stop on your Bible trek, you'll see how Jesus turned a little bit of food into enough to feed 5000 people! And, you'll find out how Jesus is the Bread of Life.



For

Just For Kids

Season

Fall

Needed

Piece of bread, markers, or crayons, your Bible Trek book

Prepare in Advance

If you haven't already created your Bible Trek book, go to "Word Made Flesh," and find the directions for creating your own book.

Activity Plan

1. Read John 6:1-14 from your Bible (or see text on last page) and talk to a loved one about it.
 - Think about a school cafeteria or another busy place. What would it be like if it was lunch time, and there wasn't enough food?
 - How do you think all the people felt when Jesus fed them all and even had leftovers?

2. When Jesus asked the disciples how to feed the people, they thought it was impossible, and they gave up. This story reminds us that God's love and power can always surprise us, even when things seem impossible.
 - Talk to a loved one about a problem that seems impossible to solve.
 - What could happen if you kept trying to solve the problem? What if a whole bunch of people helped?
 - When has God's love surprised you?

3. Read John 6:35 "Jesus said to them, 'I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.'"
 - Eat a piece of bread and talk to a loved one about it. What does food, like bread, do for our bodies?
 - How is Jesus like bread?

4. Because Jesus is the bread of life, and always surprises us, we can always have hope.
 - There are many people around the world who don't have enough food. Learn more at: <http://www.kidscanmakeadifference.org/hunger-facts>
 - Is world hunger an impossible problem to solve? How might God surprise us?
 - How can you help?
 - Look at these ideas, and pick one to try!
<http://www.kidscanmakeadifference.org/kids-video>
<http://www.kidscanmakeadifference.org/what-kids-can-do>
5. In your Bible Trek: Jesus' Life and Ministry book . . .
 - Write the words, "Jesus is the bread of life."
 - Draw a picture to show what those words mean to you.
6. Pray these words as you finish this stop on your Bible trek:

Loving God,

Thank you for always surprising us. Thank you for giving us the bread of life, so that even when we die, we will live again. Help us to put our hope in you. Amen.

Jesus Feed 5000

John 6:1-14

After this Jesus went away to the other side of the Sea of Galilee, which is the Sea of Tiberias. And a large crowd was following him, because they saw the signs that he was doing on the sick. Jesus went up on the mountain, and there he sat down with his disciples. Now the Passover, the feast of the Jews, was at hand. Lifting up his eyes, then, and seeing that a large crowd was coming toward him, Jesus said to Philip, "Where are we to buy bread, so that these people may eat?" He said this to test him, for he himself knew what he would do. Philip answered him, "Two hundred denarii 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 for so many?" Jesus said, "Have the people sit down." Now there was much grass in the place. So the men sat down, about five thousand in number. Jesus then 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. And when they had eaten their fill, he told his disciples, "Gather up the leftover fragments, that nothing may be lost." So they gathered them up and filled twelve baskets with fragments from the five barley loaves left by those who had eaten. When the people saw the sign that he had done, they said, "This is indeed the Prophet who is to come into the world!"

