

# Their Daily Bread

By Rich Nelson



The United States is a wealthy nation, and yet 49 million Americans, including 16 million children, struggle to get enough to eat. In this activity, reflect on Jesus' command to feed others, learn more about hunger, and commit to living in solidarity with those who are hungry.

## For

Teen Family

## Season

Spring

## Needed

Bible, Internet-connected device



by [Feed My Starving Children \(FMSC\)](#)

## Prepare in Advance

Mark John 21:1-17 and Acts 6:1-4 in your Bible.

## Activity Plan

1. Sit together and pray aloud to begin:

*Thank you, God, for providing food for your people. Be with us today and teach us more about how to share your bounty with those in need. In Jesus' name. Amen.*

2. Have two people read aloud John 21:1-17 from your Bible or the text at the end of this activity, alternating paragraphs. Recall that this story takes place after God raised Jesus from death. Discuss the story: What were the disciples doing at the beginning of the story? How was that working out for them? What does Jesus tell them to do instead? What do you think Jesus' meant when he said, "Feed my sheep"? In what ways do Jesus' followers do that today?
3. Point out that Jesus may have been speaking to Peter about *spiritual* hunger, but given the presence of a meal and all that fish, it seems that part of his command is to care about *physical* hunger as well. Community meals were important to early Christians. One of the earliest church struggles was over making sure that everyone got enough daily food. Have someone read aloud Acts 6:1-4 from your Bible or the text at the end of this activity. Discuss the story: How did the early church meet the challenge of caring for people who were hungry? How do churches today do this?
4. Emphasize that making sure everyone gets enough to eat is still a challenge in our country and around the world. Take a moment to learn more about hunger issues from *Bread for the Word*, a Christian organization that combats hunger and poverty—go to: [Hunger Facts](#).
5. Learn more about who seeks out food assistance at the Web site for *Feeding America*, the largest network of food banks in America. Go to "[Dawn's Story](#)" [Video](#) (scroll down the page to find this story).
6. Affirm that it is one thing to learn about hunger and poverty and another thing to experience the struggle for yourself. People who benefit from the Supplemental Nutrition Assistance Program (SNAP), commonly called "food stamps," receive assistance of less than \$1.50 a meal. Do you think you could eat for a week on that amount of money? Consider [taking the SNAP Challenge](#) and sharing your results on social media, using the hashtag #snapchallenge



7. Consider taking action by telling elected officials about your concerns. For ideas on how to do this, go to: [Form for Sending a Letter or Email Message to Elected Officials](#).
8. Another excellent way to learn about the hunger struggle in your community and make a positive difference is to volunteer at your local food bank. [Click here](#) to find one near you.

### **John 21:1-17**

<sup>1</sup> After this Jesus revealed himself again to the disciples by the Sea of Tiberias, and he revealed himself in this way. <sup>2</sup> Simon Peter, Thomas (called the Twin), Nathanael of Cana in Galilee, the sons of Zebedee, and two others of his disciples were together. <sup>3</sup> Simon Peter said to them, "I am going fishing." They said to him, "We will go with you." They went out and got into the boat, but that night they caught nothing.

<sup>4</sup> Just as day was breaking, Jesus stood on the shore; yet the disciples did not know that it was Jesus. <sup>5</sup> Jesus said to them, "Children, do you have any fish?" They answered him, "No." <sup>6</sup> He said to them, "Cast the net on the right side of the boat, and you will find some." So they cast it, and now they were not able to haul it in, because of the quantity of fish. <sup>7</sup> That disciple whom Jesus loved therefore said to Peter, "It is the Lord!" When Simon Peter heard that it was the Lord, he put on his outer garment, for he was stripped for work, and threw himself into the sea. <sup>8</sup> The other disciples came in the boat, dragging the net full of fish, for they were not far from the land, but about a hundred yards off.

<sup>9</sup> When they got out on land, they saw a charcoal fire in place, with fish laid out on it, and bread. <sup>10</sup> Jesus said to them, "Bring some of the fish that you have just caught." <sup>11</sup> So Simon Peter went aboard and hauled the net ashore, full of large fish, 153 of them. And although there were so many, the net was not torn. <sup>12</sup> Jesus said to them, "Come and have breakfast." Now none of the disciples dared ask him, "Who are you?" They knew it was the Lord. <sup>13</sup> Jesus came and took the bread and gave it to them, and so with the fish. <sup>14</sup> This was now the third time that Jesus was revealed to the disciples after he was raised from the dead.

<sup>15</sup> When they had finished breakfast, Jesus said to Simon Peter, "Simon, son of John, do you love me more than these?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Feed my lambs." <sup>16</sup> He said to him a second time, "Simon, son of John, do you love me?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Tend my sheep." <sup>17</sup> He said to him the third time, "Simon, son of John, do you love me?" Peter was grieved because he said to him the third time, "Do you love me?" and he said to him, "Lord, you know everything; you know that I love you." Jesus said to him, "Feed my sheep."

### **Acts 6:1-4**

<sup>1</sup> Now in these days when the disciples were increasing in number, a complaint by the Hellenists arose against the Hebrews because their widows were being neglected in the daily distribution. <sup>2</sup> And the twelve summoned the full number of the disciples and said, "It is not right that we should give up preaching the word of God to serve tables. <sup>3</sup> Therefore, brothers, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we will appoint to this duty. <sup>4</sup> But we will devote ourselves to prayer and to the ministry of the word."

