

Bread of Life

Adapted from *Knowing Him by Name*, Focus on the Family

Items needed: A piece of bread, a tortilla, or a handful of pasta.

Bible truth: Jesus is the bread of life.

Bible verses: John 6:48-51 - “I am the **bread of life**. Your ancestors ate the manna in the wilderness, yet they died. But here is the bread that comes down from heaven, which anyone may eat and not die. I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world.”

1. Teach: When Moses and the Israelites were wandering in the desert, God provided manna to keep them alive. Without it, they would have died. But the manna could not keep them alive forever. The Israelites eventually grew old and died.

Just as God provided manna for the Israelites' physical needs, He gave us Jesus to provide for our spiritual needs. Jesus is called the “Bread of Life” because He is the only one who can satisfy our spiritual hunger. But unlike the manna, this Bread of Life has the power to sustain us forever, Eternal life only comes through Him.

2. Do: Show your kids the piece of bread, tortilla or handful of pasta. Ask your kids how much bread they've eaten in the last few days. Remind them that hamburger buns, tortillas and pasta are all forms of bread.

3. Discuss: What ways does Jesus, the Bread of Life, provide us with spiritual food? What might happen if we don't nourish our bodies with healthy food? What might happen to our spirits if we don't nourish them with the Bread of Life? What are some ways we can “fill up” on Jesus and His spiritual food?

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