***Sunday school materials 14/06/2020***

***The Bread You Knead (see what I did there!)***

***Pawprints and Foot Steps***

***BIBLE VERSE: John 6: 26-40***

When Jesus presented the last supper, He told the disciples that the bread was “his body”, and every time we take Holy Communion we listen to the words, “This is my body, broken for you.” Jesus is literally the bread of life: He sacrificed his body so that we can have life.

This session looks at the importance of bread around the world, and the importance of Jesus. If we turn to Him, Jesus can give us everything we need. Only Jesus can satisfy.

As you read through the selected verses from John 6 it’s important to bear in mind what had happened on the previous day – the miracle of the feeding of the 5000. Jesus had miraculously fed at least 5000 (just the men were counted there must have been women and children too) with just 5 small loaves and 2 fish. Not only were thousands fed but there had been loads left over too. At the end, when everyone was full each of the 12 disciples had been able to gather up a basketful.

It was no wonder then that on the following day the people went out to look for Jesus intrigued as to what He would do next. When they find Him their discourse with Jesus is full of symbolism and hidden meanings. The people talk about Moses in the desert and how God sent manna to feed His people, can Jesus perform another miracle like that? They seem oblivious to the fact that Jesus has already performed a similar miracle just the previous day, but they are demanding more. Jesus is keen for them to see beyond the physical provision of food to keep the body alive, to the spiritual provision of eternal life.

Jesus says that by believing in Him the people will enter into eternal life. The manna that was provided in the desert was only a temporary provision in the end they would all die, but His provision for spiritual life goes on for all eternity.

#### ***WHAT DO I NEED - craft activity.***

#### ***Equipment***

Catalogues (Argos, Ikea, Food magazines - that sort of thing), scissors, glue, A3 paper, pictures of bread (print some out from the internet - at least postcard sized), felt tips.

Let the children create a collage of all the things they need to live - they should try and cover their paper if they can. Now give everyone a picture of bread and get them to write on it, “Jesus is all I need” and stick it in the middle of their picture - on top of all the other things.

The Point: Reinforces the idea that Jesus is the bread of life.

***BREAD MAKING ACTIVITIES***

#### ***MAKING LOAVES IN TERRACOTTA POTS***

New terracotta flower pots, foil, bread flour, oil, salt, dried yeast, mixing bowls, water, baking trays and oven.

Have a go at making loaves of bread in flower pots. It’s important to use new pots and line them with foil. Stand the pots on a baking tray to help them stay upright in the oven.

There should be a simple recipe for bread on the back of the flour or yeast packet or try the following website: [www.bbcgoodfood.com/recipes/2060/easy-white-bread](http://www.bbcgoodfood.com/recipes/2060/easy-white-bread) It’s best to make the dough before the session so that the children will just have to knead it when it’s risen and then put in their flower pots alternatively you could slightly rearrange the evening and get them to mix the dough as soon as they arrive before the opening activities.

Once the bread is ready to go in the oven ask the young people to work out how many times in the past week they have had bread to eat – any type of bread including croissants, breadsticks, pitta bread etc.

Discuss together how many times they have eaten bread and the different sorts and varieties.

Say that bread is a really basic part of our diet and unless you are on a special or restricted diet you will probably eat bread at least once a day, maybe at every meal. So it’s quite amazing that Jesus, God Himself should compare Himself to bread. In this session they will be hearing how Jesus called Himself the bread of life. Discuss together briefly why they think He did that.

1. ***USING A BREAD MIX***

#### ***Equipment***

Packets of bread mix, water, measuring jugs, mixing bowls, boards for kneading, cling film.

Make sure you get bread mix that only needs water added to it and that only requires kneading and rising once. Let the children mix the dough and then show them how to knead it (you can split a packet between several children for the kneading part).

Once they have kneaded it enough, get them to shape it into a roll, plait or small loaf and then leave to rise.

1. ***MAKING SANDWICHES***

#### ***Equipment***

Bread, butter, sandwich toppings, knives and plates.

Invite kids to make their own sandwich from the fillings you have prepared earlier. Try to provide a good mixture of sweet and savoury fillings – and some potentially odd combinations. Jam and tuna anyone?

See who makes the most inventive sandwiches!

Eat them together.

The Point: Just for fun and to introduce the “bread” theme.

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#### ***DAILY BREAD - BIBLE STUDY.***

Discuss one or more of these passages in more detail. Questions have been suggested to start the discussion off!

Before reading the first passage, discuss how it talks about eating flesh and drinking blood, but that this is meant as a metaphor – it's not literal but Jesus is relating his body to other objects that we need to live. Just like someone might say 'You are my sunshine' or 'This class is a zoo!'.

[John 6:53-57](https://www.biblegateway.com/passage/?search=John%206:53-57&version=NIV)

* When Jesus says that He is true or real food, what does He mean? What does food do?
* How can we “eat Jesus’ body”?
* If we eat Jesus’ body, what happens to us at the end of time?
* What does it mean to be “one” with Jesus? (or "remain" or "abide" in Him?)
* How would we live our lives if we thought and did the same things Jesus did?
* Ask the children if they know what happens in Holy Communion. Explain to them that when Jesus died on the cross, His body was broken for us. When we take communion, we remember this.

[Luke 22:14-20](https://www.biblegateway.com/passage/?search=Luke+22%3A14-20&version=NIV)

* What two things did Jesus share with his disciples in this passage?
* What did He say about the bread?
* What did He say about the wine?
* What should we remember when we take Holy Communion?
* How does this tie in with Jesus being the bread of life?

[John 6:35-40](https://www.biblegateway.com/passage/?search=John+6%3A35-40&version=NIV)

* Why will no one who comes to Jesus ever be hungry or thirsty again?
* Is Jesus speaking about physical hunger or about something else?
* How does Jesus help us to be “full up”?
* Who sent Jesus? Whose will does Jesus follow?
* What is God’s will for us?
* How did Jesus make sure that God’s will could actually happen?

***PRAYER ACTIVITIES***

#### ***Equipment***

Paper and pens, loaf of bread (or picture if you are tired of bread by now!)

Ask what sort of things kids do when they are feeling tired, grumpy, cross or upset.

For instance – they might watch TV, play on their computer, skip, shop, eat chocolate... Give them paper and pens and ask them to draw what they turn to when they are not happy.

Put the finished pictures on a table and put a loaf of bread in the centre. Say that we all turn to other things when we are upset – but Jesus is the bread of life and he can supply all our needs if we let Him.

Challenge the children to turn to Jesus when they are upset – to come to Him first and pray about the situation instead of doing something to temporarily take their mind off it. Invite them all to take a piece of bread to eat as they pray that they will always turn to God first. Ask them to imagine that there is a hole inside them, and all of the other things they turn to just pass through that hole, but Jesus – the bread of life – doesn't just pass through it: He fills it completely. Only He can truly satisfy. Ask the children to remember this so that, when we're at a crossroads and can turn to something else or to Jesus, we make the most fulfilling choice.

As this has been a bready session, you may prefer to have fruit cake or banana loaf to make a change!

The Point: To remember that we can turn to Jesus to satisfy our emotional needs.

***FAVOURITE FOOD PRAYERS***

Sit the children in a circle and get them to think of their very favourite food. Go around the circle letting the children say, “Thank you Jesus that you fill me up more than [insert favourite food]” if they want to.

***WORSHIP***

<https://www.youtube.com/watch?v=2ujazE_Iq_E>