

**Focus:** Jesus, Our Bread of Life-This is the 1st of 4 weeks of readings from John Gospel named the "Bread of Life" discourse. This is a very difficult topic for the young ones, especially since they don't participate in Eucharist yet. The gospel activities and discussions will focus on nourishment, Jesus is the one we believe in, etc.

**Materials:**

Prayer Altar: Cross, Candle, Chasuble on stand (priest's vestment) and Altar Cloth  
SEEDS CD  
Gospel: In lesson plan  
Lord's Prayer Poster  
Easel pad and marker

**Gathering** (children find/sit on a carpet square)

*Say: Good Morning everyone, my name is \_\_\_\_\_. Last week we talked about God's generosity and how we can be generous to others. This week we are going to talk about how Jesus wants to give us a loving relationship with God by being our 'Bread of Life'.*

**Opening Prayer**

Together we make the Sign of the Cross (do in reverse so children can mirror).

*Say: Now let's put our hands together and bow our heads.*

*Let us pray.*

*Thank you, God, for your goodness and love. You give us everything we need.*

*All our blessings are gifts from you. We give you thanks through Jesus, your Son.*

*Amen.*

**Song/Movement**

*Like Jesus, track: 6, from Seed CD*

Play music, encourage children to stretch or move to the music (clapping, stamp feet march in place to the beat), turn to each other and shake hands, saying hello, etc. Have children sit on their carpet squares when finished.

1. The more we love each other,  
each other, each other  
The more we love each other, like  
Jesus we'll be.

2. For Jesus is your friend and Jesus  
is my friend  
The more we love each other, like  
Jesus we'll be.

Repeat all  
(break)

Repeat verse 2

**Memory Verse**

Say: *Now let's take a moment together to learn a verse from the bible.*

*Jesus is the bread of life.*

Have the children repeat the verse after you a couple of times.

Say: *There are all kinds of things we need to live. We need food, water, shelter and so on. We also need things like love and friendship too. When we eat food, we get hungry again. When we get new toys or games we enjoy them for a while, but then become bored and want other things. A relationship with God will last forever. Jesus wants to give us a loving relationship with God. Jesus said he is the Bread of Life, because if we follow him he will bring us closer to God. (have the kids name things we can do to follow Jesus)*

**Gospel Story**

Say: *Today we are reading from the Gospel of John.*

Have children make sign of the cross on their forehead, mouth and heart saying. *"Lord, open my mind, my lips and my heart so that I may learn it, speak it and love it."*

**Read:** None, pp. n/a,

A Reading from the Gospel of John

Invite children to repeat what you say and do.

Hungry people went looking for Jesus

[Searching eyes, hand over brow]

When they found him, he said:

[Chatty hand, thumb against fingers.]

"You are looking for me to give you bread.

[Use fingers to eat imaginary food, smile and pat tummy.]

I want to give you food for everlasting life."

[Point heavenward]

Jesus tried to help the people understand that he was God's Son.

[Touch center of each palm with middle finger of opposite hand.]

The people asked for more bread.

[Eat imaginary food, smile and pat tummy.]

They said to Jesus:

[Chatty hand, thumb against fingers.]

"Moses gave our ancestors bread from heaven."

[Eat imaginary food, smile and pat tummy.]

Then they asked Jesus: "what can you give us?"

[Chatty hand, thumb against fingers.]

Jesus explained: "the bread that Moses gave came from my heavenly Father.

[Point heavenward]

"The bread of God that I will give is for everlasting life."

[Make an altar with your hands (like you are receiving Eucharist) and  
pantomime placing the host in your mouth]

The people said:

[Chatty hand, thumb against fingers.]

“Give us this bread always.”

[Eat imaginary food, smile and pat tummy.]

Jesus said:

[Touch center of each palm with middle finger of opposite hand.]

“I am the Bread of Life;

[Make an altar with your hands and pantomime placing the host in your mouth]

whoever comes to me will never be hungry,

[Cross hands over heart]

and whoever believes in me will not thirst.”

[Make the Sign of the Cross]

After the reading say: *The Gospel of the Lord*

Children respond: *Praise to you, Lord Jesus Christ*

#### Discussion Starters:

- *Who is looking for Jesus?*
- *What does the crowd want from Jesus?*
- *What gift has God given to the people? (Jesus as the Bread of Life.)*
- *What is special about the bread that Jesus gives us? (we won't get hungry again and we will live with God forever)*
- *Why do we need food for our bodies?*
- *What does Jesus say about the Bread of Life?*

#### Reflection on Reading:

*In today's gospel, Jesus tells the people the real meaning of his miracles and teachings. The hungry crowd looks to Jesus for bread to eat. The people fail to understand the miracle he worked—the multiplication of loaves—in last week's gospel. Jesus wants the crowd to understand that the real reason for the miracle of the loaves and fishes was to show that he will give them food to help them grow in faith. The food that God offers lasts forever. Jesus is speaking of the bread of God which comes down from heaven and gives life to the world. The people want Jesus to give them this bread. Jesus was talking about what the people, and us, need forever, but they could only think about what they wanted right then. Sometimes it is hard for us to share our toy because we want to play with it right now, but if we do share it will make our friend happy and then you will have lots of good play times together. The people did not see that standing before their eyes is Jesus, the bread of life, they only wanted to fill their stomachs because they were hungry now.*

## Gospel Activity

### Activity 1:

#### **Give Us This Day Our Daily Bread**

Say the Lord's Prayer, (use poster). Then point out the line—Give us this day our daily bread---. Write this line on the top of the Easel Paper.

Explain that when we pray this, we ask God to provide for us all that we need. Then invite the children to think of all things God has given the (gifts of love, friends, family should be included as well as material things)

Write these on the board. Afterward, point out how generous God is to us and ask the children if they would like to thank God. Teach them a simple call and response prayer. For example....

Leader: For our families, we say..... Them: Thank you God.

continue this pattern until you've thanked God for all the gifts on your list.

### Activity 2:

#### **Pop-Up Prayer**

Invite the children to pray their thanks to God with exuberant gratitude, using their whole bodies. They will need to squat down in a circle or line. Make sure there is room for movement. Each person should think of something for which he or she is grateful to God. Then taking turns, each person pops up to standing while calling out: "Thank you God for...." He or she immediately return to a squatting position as the next person pops up with a prayer. Tell the children it is all right if more than one person thanks God for the same thing. Repeat as much as time permits.

Complete the weekly bulletin as a group-let the children color them if there is extra time

## Closing Prayer

(Children respond: "I Believe!")

Ask: *Do you believe in God, who gives us our daily bread?*

*Do you believe in Jesus, who is the bread of everlasting life?*

*Do you believe in the Holy Spirit, who is in us and embraces us with God's own life?*

## Sending Forth

*Say: This is a week to remember to thank God for all the good things in our life. Whatever we do this week we can do because of God's love for us. Thank God for the fruit we eat, the vegetables we pick in the garden, the flowers, the birds. All of creation is a gift from God.*

## Lining Up/Closing Song

Play "Follow Me" track 10 from Seed CD while children put away any materials and lineup. Hand out weekly bulletins. Remind them it is important that they return to their family quietly so that we may all listen and pray together in church.