

**Focus:** Jesus, Our Source of Nourishment-This is the 2nd 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  
Oh Taste and See CD  
Papers with Words (2 sets)

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

Say: *Good Morning everyone, my name is \_\_\_\_\_. Last week we talked about how Jesus is the Bread of Life. This week we will talk about how God nourishes us and gives us everlasting 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.*

*Loving God, You surround us with your love, and invite us to live with you forever.*

*Thank you for your many gifts, especially the gift of Jesus because he is the food that gives us strength and courage to do what you want us to do.*

*We pray in the name of the Father, Son and Holy Spirit. 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

**Alternate Creative Movement**

Have kids form two equal lines facing each other, or a big circle. To the beat of the music have them take four steps toward each other and clap the hands of the child facing them (or their own), then take four steps back and clap their hands together. Repeat.

### Memory Verse

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

*Whoever believes will live forever.*

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

Say: *If we believe in Jesus and that he is the Son of God and the Bread of life, we will live with God forever. He will be in our lives now and for all times, he will never leave us. God is love, and Jesus is love, when we love our souls will live forever with God.*

### 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

This story continues the story we heard last week. Last week Jesus told the people he was the Bread of Life from heaven. They questioned this among themselves.

(Invite the children to repeat what you say and do.)

The people asked:

[Chatty hand, thumb against fingers.]

"How can Jesus say he came down from heaven?"

[Point heavenward]

His father and mother are Joseph and Mary."

[Hands on hips, puzzled look]

Jesus answered:

[Chatty hand]

"Only those who hear

[Cup hand behind ear.]

and answer the call of my Father come to me.

[Point heavenward]

I will raise these people to everlasting life.

[Raise hands high, palms up in a sweeping gesture.]

Everyone who listens to my Father comes to me.

[Point heavenward]

No one has seen the Father but me.

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

Whoever believes will live forever.

[With fingertips, touch heart and forehead]

I am the Bread of Life.

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

Your ancestors ate bread in the desert,  
     [Use fingers to eat imaginary food, smile and pat tummy.]  
 but they died.  
     [Trace a frown with your fingers.]  
 I am the living bread from heaven.  
     [Make an altar with your hands and pretend you are placing the host in  
 your mouth]  
 Whoever eats this bread will live forever.”  
     [Point heavenward.]

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

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

### Discussion Starters:

- *Why don't the people believe Jesus when he says he has come down from heaven?*
- *What did Jesus tell the people he will do for them?*
- *What do they have to do to receive everlasting life?*
- *Who else can receive everlasting life? (everyone, not just those in Jesus' time)*
- *How can we receive everlasting life? (Being good followers of Jesus, believing he is the Son of God and receiving Eucharist when we are old enough/receive a blessing now—demonstrate how to cross their hands over their chest when they go up for a blessing)*

### Reflection on Reading:

*In last week's gospel, and again this week, John tells us of Jesus trying to explain to the people that he was the bread of life, and all that meant. Jesus isn't just plain old bread; he is the Bread of Life. If you've seen adults and older children receive Eucharist at Mass, you have seen them make an altar with their hands to receive the host. (Show them) We don't make an altar for just any bread, when the priest says the Eucharistic prayer; the bread at Mass becomes Jesus. Jesus is completely present in the bread and wine that the people receive. That is why we treat that bread and wine in such a special way. We're giving honor to Jesus. When we receive Jesus in the bread and wine, he fills us with his love. When we love our souls live forever with God.*

*Even if we are too young to receive Jesus we can still love. God made us to be like him. He made us to love. God has already been filling us with his love even before we receive Jesus. Think about how much you love your family. That love comes from God. Think of how much more you'll be able to love once you begin to receive Jesus in the Eucharist.*

## Gospel Activity

### Activity 1:

Listen to the first 2 minutes of the CD: Oh Taste and See.

It is done in a bit of an echo format and they should be able to catch on and repeat the phrases "Taste and see, that the Lord is good, he is good, he is good." "He walks right by my side, he promised to be guide, I never have to worry I never have to fret." "This is the day the lord has made, he is good, Let us rejoice and relax in him, he is good, he is good."

Take the pieces of paper: Taste, and, see, the, Lord, is, good. Choose 7 children to hold up the papers and line them up in the wrong order. Ask each child to read their word aloud. Invite the rest of the children to put the sentence in order by asking the sign-holders to move to different places. The children arranging the sentence make ask the sign-holders to repeat their words if necessary.

If time permits, play again with the 2nd set of words. Jesus, is, the, bread, of, life.

### Activity 2:

#### **Follow the Leader**

Have the children form a single file line behind you. Have them copy your actions:

Say: Let's start our adventure in the park. Someone didn't put this paper in the trash.

Action: Bend down to pick it up and throw it away.

Say: Look no one will play with that little boy, but I will.

Action: Throw a ball and pretend to catch one.

Say: I'm so hungry, but there is a long line at the ice cream truck, should I cut in line? No, I won't I will wait for my turn.

Action: Fold hands in front of you and relax to wait in line. Then pretend to pay for your and eat your ice cream.

Say: Uh, oh, it's time to go home, but I'm not ready, I'm having too much fun. Should I stamp my feet and refuse to go? No, I won't I will go home, I can always come back another day.

Action: Walk or skip back to your starting place.

See: making good choices is easy, let's think of some other good choices we can make, at home and at school.

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 sent Jesus to be the bread of life for us?*

*Do you believe in Jesus, who wants us to live with God forever?*

*Do you believe in the Holy Spirit, who fills our hearts with love for God?*

## Sending Forth

Say: *Jesus wants us to make good choices. We can make good choices by taking care of creation, and taking care of others. What are some things we can do to take care of others?*

## 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.