Preschool–Grade 6

Jesus, the Bread of Life

Sunday School Lesson for 3rd to 5th Grade, 45–60 minutes

Main point: Jesus is the bread of life. He is all we need: food fills us for a little while, but Jesus gives everlasting life to those who come to Him and believe on Him.
Bible passage: John 6:22–35. Read it before class.
Memory verse: "I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst." *John 6:35 (KJV)*
You need: a Bible for each child (or one for every two children), paper and a pencil for each child, a whiteboard or large paper, a marker, and one take-home sheet for each child.
Before class: write the memory verse on the board. Clear some space for the opening game.

1. Opening game: Does It Last? (5–10 minutes)

Everyone stands. Call out a thing. If it lasts a long, long time, kids stretch tall. If it soon goes bad or is gone, they crouch down. Try: an ice cream cone in the hot sun, a big rock, a slice of bread left out for a week, a mountain, a bowl of soup, God's Word. Ask: *What happens to food after a while?* Say: "Food goes bad, and we get hungry again. Today Jesus tells about a food that never goes bad."

2. Bible story: I Am the Bread of Life (15 minutes)

Kids open their Bibles to John 6. When you reach a **Look up** line, a child finds the verse and reads it out loud. Tell the rest in your own words.

The day before. A great company came to Jesus. A lad had five barley loaves and two small fishes, and Jesus fed about five thousand men, and twelve baskets of pieces were left (John 6:9–13). That night His disciples crossed the sea in a ship toward **Capernaum**, and Jesus came to them walking on the sea (6:16–21).

Looking for Jesus. The next day the people saw that Jesus was gone. **Look up John 6:24.** They "took shipping," which means they got into boats, and went to Capernaum, seeking for Jesus. They said, "**Rabbi**," which means Master (John 1:38), "when camest thou hither?" (6:25).

Why they came. Look up John 6:26. ("**Verily**" means truly.) They came because they ate the loaves and were filled. **Look up John 6:27. Labour** means work hard; **meat** means food; **perisheth** means spoils and is gone; **endureth** means lasts. Jesus said to work for the food that lasts to everlasting life, which He gives.

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The work of God. They asked, "What shall we do, that we might work the works of God?" (6:28). **Look up John 6:29.** The work of God is to believe on Him.

Bread from heaven. They asked for a sign and said, "Our fathers did eat manna in the desert" (6:30–31). **Manna** was the bread God rained from heaven every morning for Israel in the wilderness (Exodus 16:4, 16:15). Jesus said Moses did not give them that bread; God gives the true bread from heaven (John 6:32). **Look up John 6:33.** The bread of God comes down from heaven and gives life to the world.

I am the bread of life. They said, "Lord, **evermore** (always) give us this bread" (6:34). **Look up John 6:35.** Jesus is the bread of life. Whoever comes to Him shall never hunger, and whoever believes on Him shall never thirst.

3. Questions to ask (10 minutes)

Thinking questions (no single right answer; let kids talk)

1. The people came for more loaves (John 6:26). What are some reasons people come to Jesus today?
2. What are some things people "labour" for that don't last? *(Toys, money, being popular, winning.)* What lasts forever?
3. Jesus didn't mean we would never eat again. What do you think He meant by "shall never hunger"? *(He gives life that lasts, 6:27.)*
4. How is Jesus better than the manna in the desert? *(He gives life to the world, 6:33.)*
5. Jesus said, "he that cometh to me." What does it look like for a kid to come to Jesus?

Recall questions

1. Where did the people find Jesus? *(Capernaum, John 6:24)*
2. What did the fathers eat in the desert? *(Manna, 6:31)*
3. What did the people ask Jesus to give them always? *(This bread, 6:34)*

4. Memory verse: Erase a Word (5 minutes)

Explain the old words: **cometh** means comes, and **believeth on me** means trusts in Jesus. Read the verse on the board together. Erase two words and read it again. Keep erasing two words at a time until the board is empty and the class can say it alone. Then kids say it to a partner.

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5. What this means for us (5 minutes)

Say: "Jesus is the bread of God, who came down from heaven and gives life to the world (John 6:33). God loves you. The Bible says: 'For all have sinned, and come short of the glory of God' (Romans 3:23, KJV). That means all of us have done wrong, and none of us is as good as God. Jesus is God manifest in the flesh, which means God came to earth as a man (1 Timothy 3:16). Christ died for our sins, was buried, and rose again the third day (1 Corinthians 15:3–4). How do we come to Jesus and obey the gospel? 'Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.' (Acts 2:38, KJV) To **repent** means to turn away from sin; our old self dies (Romans 6:6). We are **buried with Jesus in baptism**, all the way under the water, in Jesus' name. **Remission** means our sins are washed away, and we come up to live a new life (Romans 6:4; Acts 22:16). And God fills us with the **Holy Ghost**, and we speak with other tongues as the Spirit gives the words (Acts 2:4). The Bible calls this being born again (John 3:5)."

Pray with the kids, and encourage them to talk with their parents and pastor about being baptized in Jesus' name and filled with the Holy Ghost. Never pressure a child.

This week: at every meal, thank Jesus for your food and for being the bread of life. Then spend a few minutes with Him in His Word.

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6. Activity: Bible Look-Up Race (10–15 minutes)

Kids work in pairs with one Bible. Read a reference and a question. The first pair to find the verse and read the answer out loud wins the point.

1. John 6:9: What did the lad have? *(Five barley loaves and two small fishes)*
2. John 6:13: How many baskets were filled with the pieces? *(Twelve)*
3. John 6:24: What town did the people go to, seeking for Jesus? *(Capernaum)*
4. John 6:25: What did the people call Jesus? *(Rabbi)*
5. John 6:27: What kind of meat should we not labour for? *(The meat which perisheth)*
6. John 6:29: What is the work of God? *(That ye believe on him whom he hath sent)*
7. John 6:31: Where did the fathers eat manna? *(In the desert)*
8. John 6:35: What did Jesus say he that believeth on Him shall never do? *(Thirst)*

Or choose the **Bread of Life word search** (vbshq.com/puzzles/bread-of-life-word-search), crossword (vbshq.com/puzzles/bread-of-life-crossword), maze (vbshq.com/puzzles/bread-of-life-maze) or worksheet (vbshq.com/worksheets/bread-of-life-worksheet).

7. Prayer

"Dear Jesus, thank You for being the bread of life. Thank You for coming down from heaven to give life to the world. Help us not to chase things that don't last, but to come to You and believe on You every day. In Jesus' name, amen."

If a child asks why the people only wanted bread: answer simply. They had eaten and been filled the day before, and they wanted more (John 6:26). Jesus loved them and pointed them to something better: Himself, the bread of life (6:35).

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