Preschool–Grade 6

Jesus, the Bread of Life

Sunday School Lesson for Preschool (Ages 3–5), 20–30 minutes

Main point: Jesus is the bread of life. Jesus is all I need.
Bible passage: John 6. Read John 6:24–35 yourself before class.
Memory verse: "I am the bread of life" *John 6:35 (KJV)*.
You need: a Bible, a loaf of bread cut from brown paper, crayons, and one take-home sheet for each child.
Before class: put a bookmark in your Bible at John 6.

1. Opening game: Rub Your Tummy (5 minutes)

Say: "When you are hungry, rub your tummy!" Name a time: "You just woke up!" (rub tummies) "You just ate a big lunch!" (pat full tummies) "It's suppertime!" (rub tummies). Say: "We get hungry again and again. Today we will hear a true story. Jesus said He is the bread of life."

2. Bible story (5 minutes)

Hold up your Bible open to John 6. Say: "This story is true. It is in God's Word." Read each line slowly and do the motion. When you see **Say it with me**, the kids say the line back to you.

Jesus fed lots of people with five loaves and two fish (John 6:9–11). *(Pretend to eat.)*
The next day, the people looked for Jesus (6:24). *(Hand over your eyes.)*
They rowed boats across the sea (6:24). *(Row, row!)*
They found Jesus (6:25). *(Clap!)*
But they only wanted more bread (6:26). *(Rub your tummy.)*
Jesus said, "I am the bread of life" (6:35). *(Point up.)*
Say it with me: "Jesus is the bread of life!"
Bread fills my tummy for a little while. *(Pat your tummy.)*
Jesus gives life that lasts forever (6:27). *(Stretch your arms out wide.)*
Come to Jesus (6:35). *(Wave "come here.")*
Say it with me: "Jesus is all I need!"

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3. Questions to ask (3 minutes)

1. How did the people cross the sea to find Jesus? *(In boats, John 6:24)*
2. What did the people want? *(More bread, 6:26)*
3. Who is the bread of life? *(Jesus, 6:35)*

4. Memory verse (3 minutes)

Say: "Jesus said, 'I am the bread of life.'" Teach the motion: point up on "I am," hold out both hands like holding a loaf on "the bread," and stretch your arms wide on "of life." Say the verse with the motion three times: in a normal voice, in a whisper, and in a happy loud voice. Then say "John 6:35" and clap three times.

5. What this means for us (3 minutes)

Say: "God loves you! Everyone has done wrong things. That is called sin (Romans 3:23). Jesus is God. He came to earth as a man (1 Timothy 3:16). Jesus died for our sins. He was buried. Then He rose again (1 Corinthians 15:3–4)! The Bible tells us what to do (Acts 2:38). We repent: we tell God we are sorry, and we stop doing wrong. We are baptized in Jesus' name, down under the water, and our sins are washed away. And God gives us the Holy Ghost. That is God's own Spirit in us. When people are filled with the Holy Ghost, they speak in other tongues, words God gives them (Acts 2:4)."
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.

6. Activity: Pass the Loaf (5–10 minutes)

The kids sit in a circle and pass the paper loaf. When you say "Stop!", the child holding the loaf says, "Jesus is the bread of life!" and everyone claps. Then give each child a take-home sheet. In the drawing box, help them draw the boats on the sea. While they color, ask: "Who is the bread of life? Who is all you need?"

7. Prayer

Say each line, and the kids say it after you:
"Thank You, Jesus, for being the bread of life.
Thank You for giving us life forever.
Help me come to You. In Jesus' name, amen."

Tips for little ones: keep it short and happy. Let every child row the boat and hold the loaf. If they get wiggly, row the boats across the room together. Send the take-home sheet home so parents can tell the story again this week.

If a child asks if they will ever be hungry again: say gently, "Your tummy still gets hungry, and God gives us food. Jesus fills our hearts."

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