Preschool–Grade 6

Jesus, the Bread of Life

Sunday School Lesson for Preteens (Ages 11–12), 45–60 minutes

Main point: Jesus is the bread of life. Everything else we chase runs out, but Jesus is all we need, and He gives everlasting life to those who come to Him.
Bible passage: John 6:22–35 and John 6:66–69. Students read it out loud themselves.
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)* and "Then Simon Peter answered him, Lord, to whom shall we go? thou hast the words of eternal life." *John 6:68 (KJV)*
You need: a Bible for each student, paper or a notebook and a pen for each student, a whiteboard and a marker, and one take-home sheet for each student.
Before class: read all of John 6. Write both memory verses on the board. Decide who reads which verses, or go around the room a few verses each.

1. Opening game: Never Enough (5–10 minutes)

Ask students to call out things people want "just one more" of: one more game, one more snack, one more video, new shoes, more likes, more money. Write them on the board. Then ask: *When you finally get it, how long does the good feeling last? Why do we always want more?* Say: "A crowd once came to Jesus wanting more bread. Jesus offered them something that would never run out."

2. Bible story: Students Read It (15 minutes)

Tell the setting: the day before, Jesus fed about five thousand men with five barley loaves and two small fishes (John 6:9–13). That night the disciples crossed the sea, and Jesus came to them walking on the sea (6:16–21).
Read out loud: John 6:22–35, then **John 6:66–69**. Students take turns, a few verses each. Old words in this passage:

- **took shipping** (6:24): got into boats; **hither** (6:25): here
- **Rabbi** (6:25): Master, or teacher (John 1:38)
- **verily, verily** (6:26): truly, truly; it means "listen, this is important"
- **labour** (6:27): work hard; **meat**: food; **perisheth**: spoils and is gone; **endureth**: lasts
- **shewest** (6:30): show; **manna** (6:31): the bread God sent from heaven in the wilderness (Exodus 16:4, 16:15)
- **evermore** (6:34): always; **cometh** (6:35): comes; **believeth on**: trusts in
- **went back** (6:66): turned away and stopped following

Free to print & copy for church, classroom & home · Please don't resell or re-post

3. Questions to ask (15 minutes)

1. Jesus told the crowd, "Ye seek me, not because ye saw the miracles, but because ye did eat of the loaves" (John 6:26). Is it possible to come to church or to Jesus for the wrong reasons? What would the right reason be?
2. "Labour not for the meat which perisheth" (6:27). What do people your age work hardest for? Which of those things will last?
3. They asked what work they should do, and Jesus said, "believe on him whom he hath sent" (6:29). Why do you think believing comes first?
4. Manna fed Israel one day at a time (Exodus 16:4). How is Jesus "the true bread from heaven" (John 6:32–33) better than manna?
5. Jesus said whoever comes to Him "shall never hunger" (6:35). He didn't mean we never eat again. What hunger is He talking about?
6. Many walked away, but Peter said, "Lord, to whom shall we go? thou hast the words of eternal life" (6:68). What makes someone stay with Jesus when others walk away?

4. Memory verse (5 minutes)

Old words: **cometh** means comes; **believeth on me** means trusts in Jesus; **eternal life** means life that never ends.
Read both verses together. Then students cover one phrase at a time and quiz a partner. Say John 6:35 this week; keep working on John 6:68 next week too.

5. What this means for us (5–10 minutes)

Say: "Jesus is the bread of God, who came down from heaven and gives life unto the world (John 6:33). God loves you, and 'all have sinned, and come short of the glory of God' (Romans 3:23, KJV). Jesus is God manifest in the flesh, God who came as a man (1 Timothy 3:16). 'Christ died for our sins according to the scriptures; and that he was buried, and that he rose again the third day according to the scriptures' (1 Corinthians 15:3–4, KJV). Jesus said, 'he that cometh to me shall never hunger.' We come to Him the way Peter preached it: '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) We **repent**, turning from sin, and our old self dies (Romans 6:6). We are buried with Jesus by baptism in His name, all the way under the water. **Remission** means our sins are washed away, and we rise to walk in newness of life, a brand-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 utterance, which means as He gives the words (Acts 2:4). Jesus called this being born of water and of the Spirit (John 3:5)."
Pray with the students, 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.

Free to print & copy for church, classroom & home · Please don't resell or re-post

6. Activity: Journal (10 minutes)

Each student writes privately. No one has to share. Write these three prompts on the board:

1. What am I "labouring" for right now that won't last?
2. Where do I usually go when I feel empty, bored or sad? What would it look like to go to Jesus instead?
3. Write a short prayer to Jesus, the bread of life, telling Him you want to come to Him.
   If there is time, invite a few volunteers to share one sentence.

This week: each time you reach for "one more" of something, stop and say John 6:35. Spend time with Jesus in His Word every day.

7. Prayer

"Dear Jesus, You are the bread of life. Forgive us for chasing things that don't last. Help us come to You and believe on You, and stay with You even when others walk away, because You have the words of eternal life. In Jesus' name, amen."

If a student asks about John 6:51–58 (eating His flesh): this lesson stops before those verses. If they come up, read them together, then read John 6:63, where Jesus said, "the words that I speak unto you, they are spirit, and they are life," and suggest they ask their pastor too.

Free to print & copy for church, classroom & home · Please don't resell or re-post