Preschool–Grade 6

Jesus, the Bread of Life

Sunday School Lesson for Kindergarten to 2nd Grade, 45 minutes

Main point: Jesus is the bread of life. He is all we need, so we come to Him and believe on Him.
Bible passage: John 6:24–35. 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, a loaf of bread cut from brown paper, 6 index cards, a marker, crayons, and one take-home sheet for each child.
Before class: write the memory verse on the 6 cards (see part 4). Put a bookmark in your Bible at John 6:35.

1. Opening game: Still Hungry? (5 minutes)

Say a time of day, and the kids rub their tummies if they would be hungry then: "You ate a big breakfast. Now it's lunchtime. Hungry?" "You ate lunch. Now it's suppertime. Hungry?" "You ate supper. Now it's the next morning. Hungry?" Every time, the kids rub their tummies. Ask: *Does food keep us full forever?* Say: "No! We get hungry again and again. Today Jesus tells us about bread that lasts forever."

2. Bible story: I Am the Bread of Life (10 minutes)

Hold up your Bible open to John 6, so the kids can see the story comes from God's Word. Tell it in your own words:

One day a big crowd came to Jesus. A boy had five barley loaves and two small fishes. Jesus gave thanks, and about five thousand men ate as much as they wanted (John 6:9–11)! There were twelve baskets of pieces left over (6:13).

The next day, the people looked for Jesus, but He was not there. So they got into boats and went across the sea to a town called **Capernaum**, looking for Jesus (6:24). When they found Him, they said, "**Rabbi**, when did You come here?" (6:25). Rabbi means Master, or teacher (John 1:38).

Jesus knew why they came. They wanted more of the loaves that filled their tummies (6:26). Jesus said, "**Labour** not for the **meat** which **perisheth**" (6:27). That means: don't work so hard for food that goes bad and is soon gone. Work for the food that lasts forever, everlasting life, and Jesus gives it to us (6:27).

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The story continues: The people asked, "What shall we do, that we might work the works of God?" (6:28). Jesus said the work of God is to **believe on** Him, to trust Him (6:29).

Then they talked about **manna**. Long ago, when Moses led God's people in the desert, God sent bread from heaven every morning, and the people called it manna (Exodus 16:4, 16:15). They said, "Our fathers did eat manna in the desert" (John 6:31). Jesus said it was not Moses who gave that bread from heaven. God gives the true bread from heaven (6:32). "The bread of God is he which cometh down from heaven, and giveth life unto the world" (6:33).

The people said, "Lord, **evermore** give us this bread" (6:34). Evermore means always. **Read John 6:35 from your Bible:** "I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst."

Say: "Jesus didn't mean we would never eat lunch again! Bread fills our tummies for a little while. Jesus gives us life that lasts forever (6:27). When we come to Jesus, He is all we need."

3. Questions to ask (5 minutes)

1. How did the people get to Capernaum to find Jesus? *(In boats, across the sea, John 6:24)*
2. Why were the people looking for Jesus? *(They ate the loaves and were filled, 6:26)*
3. What bread did God give His people in the desert long ago? *(Manna, 6:31)*
4. What did Jesus say the work of God is? *(To believe on Him, 6:29)*
5. What did Jesus say He is? *(The bread of life, 6:35)*

4. Memory verse: Slices in a Row (5 minutes)

Write one part on each card: *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.* Explain the old words: **cometh** means comes, and **believeth** means believes. Read the verse together. Then give the 6 cards to 6 kids, mixed up. They are the "slices of bread," and the class helps them stand in the right order to make the whole loaf. Read it again. Mix the cards and play again with 6 new kids.

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5. What this means for us (5 minutes)

Say: "Jesus is the bread of life. He came down from heaven to give life to the world (John 6:33). God loves you very much. But everyone has done wrong things. The Bible calls that sin: 'For all have sinned, and come short of the glory of God' (Romans 3:23, KJV). That means none of us is as good as God. Jesus is God who came to earth as a man (1 Timothy 3:16). Jesus died for our sins, He was buried, and He rose again (1 Corinthians 15:3–4)! Jesus said, 'he that cometh to me shall never hunger.' The Bible tells us how to come to Jesus and obey the gospel, the good news about Jesus: '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 we are sorry for our sin and we turn away from it. We are **baptized**, buried all the way under the water, in Jesus' name, so our sins are washed away (Romans 6:4; Acts 22:16). **Remission** means God takes our sins away. And God fills us with the **Holy Ghost**, His own Spirit, and we speak in other tongues, words God gives us, just like the believers did in the Bible (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.
This week: every time you eat bread, say, "Jesus is the bread of life," and thank Him.

6. Activity (10–15 minutes)

Choose one: 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), the coloring page or craft (vbshq.com/bible-stories/bread-of-life), or **Pass the Loaf:** the kids sit in a circle and pass the paper loaf while everyone says the memory verse. When you say "Stop!", the child holding the loaf answers one question from part 3, or says the next part of the verse. Play until everyone has had a turn.

7. Prayer

"Dear Jesus, thank You for being the bread of life. Thank You for coming down from heaven to give us life. Help us come to You and believe on You every day. In Jesus' name, amen."

If a child asks, "Will I never be hungry again?": say gently, "Our tummies still get hungry, and God gives us food. Jesus meant He fills our hearts with life that lasts forever (John 6:27)."

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