

The Living Bread

Theme

Jesus is the Bread of Life.

Object

The Food Pyramid poster. (See below sermon)

Scripture

"I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world." John 6:51 (NIV)

Have you ever seen a food pyramid poster? The food pyramid was developed to help us know what kinds of foods we should eat to help us to grow strong, healthy bodies. I have one to show you. The picture shows all of the food groups. There are grains, vegetables, fruits, milk and dairy, meat, and fats and sweets.

As you can see, the largest part of the pyramid is foods that we make from grain. What are some foods we make from grain? Let's see, there is bread, cereal, muffins, tortillas, and a lot of other good things to eat. Most of the things we make from grain not only taste good, but they are good for us too. Bread has always been considered to be one of our most important foods. In fact, it has been called "the staff of life."

Even way back in Bible times, bread was very important to life. Do you remember the time God provided bread for the Israelites when they were starving in the desert? Every morning God sent bread from heaven for the people to eat. I'm sure you also remember the time when Jesus fed a crowd of 5000 people with just five loaves of bread and two

small fish. Do you remember when Jesus taught his disciples to pray? He taught them to say, "Give us this day our daily bread." Yes, bread is, and always has been, a very important part of life.

A loaf of bread won't last forever. It gets old and stale. Not only that, but when we eat it, we are satisfied for a little while and then we are hungry again. Even though Jesus knew that bread was very important to life, he wanted something more for his children. He wanted something that would last forever. One day, as he was teaching, Jesus said, "I am the bread of life. He who comes to me will never go hungry. I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever."

If we want to live, we need bread. If we want to live forever, we need Jesus -- the Bread of Life.

Our Father, we thank you for Jesus, the Bread of Life. We pray that each one here today will take and eat so that they may live forever. Amen.

Food Pyramid Poster

Food Pyramid Poster (new version)

Canadian Food Guide

Eat Well Plate (UK)

Interactive Group Activities
by Carol Williams & Charles Kirkpatrick

Sermon Title: "The Living Bread"

Scripture Reading: John 6:51

BREAD NECKLACES: Children will draw, color and cut out a picture of a small loaf of bread. String elongated plastic beads onto a plastic string and add the bread picture and more beads to make a necklace, to remind them of today's lesson.

PUZZLED BREAD: The teacher can have the Bible verse for today, printed on a large loaf of bread. Cut the bread into SLICES and have children try to put the puzzled bread back together and recite the verse. Move the puzzle back to many bread slices and see if the boys or the girls can put the bread back together again, and which team is quickest.

LIVING BREAD NECK BANNER: Let children make a banner with long strings so it can be worn around their neck for a BREAD PARADE after the Sunday School class. The children can draw a large piece or loaf of bread on the neck banner and sprinkle toast crumbs onto some glue on the picture. Write I AM THE LIVING BREAD THAT CAME DOWN FROM HEAVEN. In smaller letters and in a different marker color, write "If anyone eats of this bread, he will live forever." John 6:51

BREAD STICKS SNACK: Children can be given bread sticks to enjoy eating with honey dip or cheese sauce. Tell children then to DRAW some bread sticks and write JESUS IS THE BREAD OF LIFE on top of their picture of a bread basket with the bread sticks in the basket. This can be hung by yarn on the child's kitchen wall.

BREAD BOX: Give children a small box such as a box from a Meal helper, or a cereal box, etc, to decorate and cover with construction paper to make a BREAD BOX! Write the Bible verse, or other words from today's Bible lesson. Children can print words from today's lesson, such as BREAD OF LIFE, LIVING BREAD, LIVE FOREVER, etc and place the recipe cards into the bread box, to bring home!

BREAD ENVELOPE: Let children decorate an envelope to put their printed Bible verse into. Draw small pictures of today's lesson about the Israelites and the crowd of 5000, etc to add to their envelope. Write THANK YOU JESUS and address their bread envelope to Jesus to thank Him for being the LIVING Bread! The teacher can collect the envelopes and share them with the children after a few weeks, as a reminder of today's lesson!

SHARING THE BREAD: Divide the children into teams. Give each 'team' a tray with breads, muffins, etc and have them go to other classrooms or the Pastor, or the nursery, etc and SHARE the bread. Each team will say as they enter the room, "JESUS IS THE BREAD OF LIFE". We'd like to share some bread with YOU!

LIVING BREAD ACROSTIC: Class can work on a LIVING BREAD acrostic together with words that will describe Jesus as the Living Bread and other words from our Bible story today. Draw the acrostic on a very LARGE picture of a slice of bread, or other ideas with bread around the border, etc.

BREAD TASTING CONTEST: Have many types of breads and let children do a taste test, being blind folded and see how many breads they can identify! Let children know that today's lesson will let them know that there is only ONE "BREAD OF LIFE!"

HOPSCOTCH BREAD: Play the original game of HOPSCOTCH, but use a roll or small pieces of bread instead of a rock/stone. Have words from today's lesson written in chalk on each square that children will shout out before "hopping" on that square (such as LIVING BREAD, BREAD OF LIFE, JESUS, LIVE FOREVER, etc.

BREAD THROW: Divide the children into two teams that will stand in lines, facing each other, each child across from another child. Start the bread tossing from the first child across to the other child, then that child will throw it to the 2nd child on the other team, and continue back and forth. If the teacher, desires, the game can be more competitive and if a child drops the load of bread or the hard roll, then that child would leave the game and continue to play the game. The teacher can have the game sped up for more challenge if desired!

SHARE A SNACK: Provide children with rolls, butter, jelly, peanut butter, ham

and cheese, etc to make their own BREAD snack and let children share what they know about the bread of LIFE!

Song: "Bread of Life"

Words and Music (pdf)



MP3 Accompaniment Track (right click to save to your computer

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About Carol Williams

Carol and her husband have served churches in Illinois, Minnesota, Mississippi, Michigan, and Indiana. Carol loves to work with children so you will find her teaching in Junior Church and children's Sunday School. She also has clowning ministry in which she is known as Bubbles tc (the clown).

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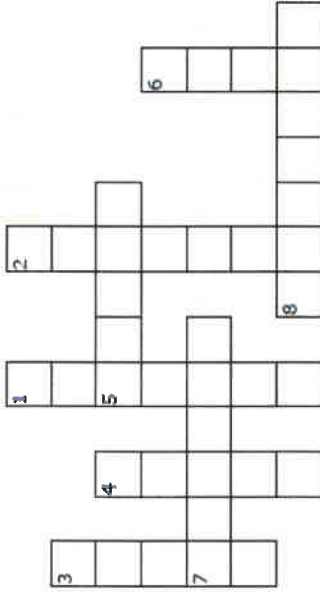
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Crossword Puzzle



ACROSS

- To gain knowledge through experience or study
- To make an effort to hear something; to pay attention
- A person who speaks for God; Isaiah, for example

DOWN

- To accept as true or real
- For everlasting time; eternally
- The earth with its inhabitants
- The Son of God
- To continue to be alive

LIVE	BELIEVE	FOREVER	PROPHET
LEARN	LISTEN	WORLD	JESUS



*"I am
the living
bread."*

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Children's Worship Bulletin

The Living Bread

John 6:41-51

Word Search Puzzle

E I H Q F G R W J D L O C H A
V V T O H D I E T I I P U M J
E V J J C E T O F E Q G A U N
R Y Y I K H A B N D L O T O O
L Z B O D U I V Z T O Q E O J
A B E L I E V E E F R I T E Y
S D V Z D Y C A F N Z U A S D
T M F J T E G A O L K D T E S
I M L E P O S X R L A A L H E
N S I H E J F E F E N T Z K U
G A V F S J V C R N N P R I R
A D I Z T E Q B A T W J K S X
R L N D R S Q M W O R L D U E
P T G O M U H U W F A X P A V
C O F L E S H W J P Z X T H N

FOREVER	ATE	WORLD	DIED	BREAD
LIFE	FLESH	DESERT	LIVING	JESUS
EVERLASTING	HEAVEN	TRUTH	BELIEVE	MANNA

St. Christopher's Episcopal Church
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Killeen, TX 76542

Coloring Page



"I am the living bread that came down from heaven.
Whoever eats this bread will live forever."

John 6:51

Decoder Puzzle

Each number represents a letter of the alphabet.
Substitute the correct letter for the numbers to
reveal the coded words.

P	U	W	R	C	G	E	J	O	B	I	Q	S	F	X	T	H	Z	D	N	Y	L	V	K	M	A
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

- 22-11-23-11-20-6 _____
- 10-4-7-26-19 _____
- 17-7-26-23-7-20 _____
- 14-9-4-7-23-7-4 _____
- 14-22-7-13-17 _____
- 3-9-4-22-19 _____
- 7-16-7-4-20-26-22 _____
- 22-11-14-7 _____

HEAVEN	BREAD	LIFE	FOREVER
ETERNAL	LIVING	FLESH	WORLD



The Living Bread



I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world."

John 6:51 (NIV)