

Junk Food

If we think of Jesus as bread, he is the very best wholemeal organic bread you could possibly buy or make, the bread which is the best for you.

Nutritionally, the opposite of this good bread is junk food.
What in your life might be classed as junk food, or even poison?



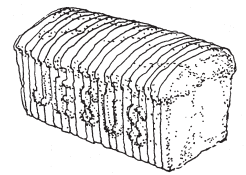
Food for the hungry

Jesus provided bread for hungry people. Do you think we need to do the same?

In what ways could you help provide real food for people who need it?

What about spiritual food?

Are the people who need the two sorts of food the same?



Could your Bible School do something which will help those who don't have enough food?

Hungry?

Look at Matthew 5:6. What does hungering and thirsting after righteousness mean?

Whose fault is it if we are starved of these things?

Digging Deeper - Manna in the desert

Although Jesus had just done an amazing miracle (feeding more than 5000 people with bread) we read in John 6:30 that the Jews seem to want Jesus to do something special. Read verse 31 and think why they weren't satisfied with what he had done.

Where had the manna come from? How many people were fed with manna? (roughly) How long were they fed manna? What happened to what was left over? What happened to the people in the end? (John 6:49) (Exodus 16:14-20 may help you if you have forgotten about manna)

Think about the same questions relating to the bread that Jesus gives.

Thank God for the gift of the bread of life.