

## Aim of lesson

To appreciate what it means to have Jesus as our Bread of Life.

## Bible background

John 6

## Outline of lesson

### Bread

Ask the class if they can remember any advertisements for bread. You may like to bring bread wrappers to the class. Ask what the makers claim of their bread. All will claim that their bread is good for you. Point out that in Jesus' day, bread was a staple food and people would starve without it.

Ask the class how Jesus fed 5000 families, and make sure they are familiar with the miracle and with what followed.

### The Bread of Life

Read John 6:10-15,24-35. Draw out that the people only want more bread to eat but Jesus wants them to accept him as the Bread of Life.

Turn to the workbooks, use the table on the first page to note your answers to the posed questions. Discuss each of the questions about bread, bringing out the fact that we eat and digest it, that it becomes part of us, it allows us to move, grow, it heals bumps and bruises, gives us energy, and that we would die without it.

Read John 6:48-58 together. Get the class to fill in the second column of the table about Jesus, asking for their ideas for each parallel. Use John 4:34 to show that "eating" Jesus is more than just believing. Show that Jesus in his death was also "bruised" like corn when made into bread.

When Jesus tells us to eat his flesh, he is telling us to:

1. Accept his death; that he died for us so that we can live forgiven before God.
2. Accept his way of the cross in our own lives, so that we try to be like him in everything we do.

Get the class to look up the following verses, saying in their own words what they think it means and how they think we could put it into practice: Luke 9:23-24; 1 John 3:16-17. Do the verses help them to understand what it means to "eat the flesh of Christ"?

Ask the class to think about and fill in the next part in the workbook, considering how sin, like a poison, does cripple and deform and kill; and that junk foods can be any "harmless" activities which fill up their lives and leave no room for God, e.g. dancing, football, music, television, etc.

### The Breaking of Bread

If you want to bring in the Breaking of Bread here (or if they mention the subject) point out that it is a remembering of Jesus' death and all it means to us. It can help us "feed" on Christ, but just eating a piece of bread is not fulfilling what Jesus asks us to do here. For that, we must take his way of life and thinking into our way of life and thinking.

## Digging deeper

### Manna in the desert

This section revisits the provision of manna in the wilderness and compares it with the Bread of Life.

### Relevance to our lives

Ask the class to consider if what they have learned should make them want to do something positive for those who are hungry in this world (1 John 3:16-17). They may like to plan it during the week.

## Prayer

Dear Lord, thank you that you are our real food and that because of your death we can have life.

## Other suggestions for activities

- A younger class might like to make bread while you talk.
- Begin a chart on the 'I AM' sayings of Christ, suitably illustrated. Alternatively, these are covered in Lesson 99, Digging deeper.