

Jesus “I AM” Week 3 – The Bread of Life

Ready (*Plant the seed*)

I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.” – John 6:35

Set (*Get the conversation started*)

At this point in his earthly ministry, Jesus had gathered quite the following. He was performing miracles and people wanted to know more about who He was. As he sat near the Sea of Galilee, He looked down to see at least 5000 people following Him. He knew they were hungry but all they had were five loaves of bread and two fish. How would they all be able to eat? Jesus asked everyone to sit and He gave thanks for the five loaves and two fish they had then He began passing the bread out to everyone—as much as they wanted, and then again with the fish. They never ran out! In fact there was more left! These people had just witnessed one of Jesus’ miracles for themselves but there were still some among them that wanted Him to prove He was from God. They recounted the time when God sent manna from heaven for those wandering the desert that they would not die (Exodus 16:35). They wanted more from Him. It’s important to understand that bread was a staple food for people at that time. It was part of their livelihood. So, when Jesus says, “I am the bread of life. Whoever comes to me will never go hungry,” (John 6:35) he is essentially telling them that, like the bread that sustains them physically, he is enough to sustain their life spiritually. All they had to do was believe in Him.

Imagine that you arrive home after school and are starving. There is a fresh batch of cookies on the counter. Instead of eating, you just stare at it. Will just staring at the cookies satisfy your hunger? No! You must eat the cookies. It’s the same with God’s Word. You cannot just look at the Bible and expect to be satisfied spiritually. You must read it, learn it and share it with others. As an athlete, if you want to get better, you can’t just show up and watch from the sidelines. You can’t just go through the motions. If you want to be the best you can be, you must do the work—practice, work with your teammates and listen to your coach’s training; only then can you fully satisfy your goals as a player.

Grow (*Take it away*)

-Are you hungry for the Word of God?

-In what ways do you satisfy that hunger?

-What goals can you set this week to be both a better athlete and grow in your relationship with Christ?

Pray

Father God, we are so thankful for your Word given to satisfy our hunger for you. Please forgive us when we sometimes sit and stare at the bread of life without feasting and wonder why we are not satisfied. God, please draw us nearer to you and reveal more of yourself to us as we continue to grow in our relationship with you. In Jesus’ name, Amen.

Overtime (*Optional Reinforcement Activity*) **Clump**

Materials: None

Directions: Spread players out in a large area, not touching. Call out “Clump of...(random number)”. The players scramble to make groups of that number. Any leftover players are out. Game plays until only two are left.

Give Directions & Play a quick round

Say: Great job! Did you notice that staying in the game required you to act quickly? You couldn’t just stand on the sidelines and watch. Your relationship with God is like that. You need to get into His Word in order to be satisfied spiritually. That means reading scripture! Sometime this week make time to read the story of Jesus feeding the 5000 in John chapter 6. That’s a great place to start!