

Jesus Is the Bread of Life

UPPER ELEMENTARY LESSON



Theme: Jesus is the Living Bread

Scripture: John 6:24-35

Memory Verse: "Then Jesus declared, 'I am the bread of life. He who comes to Me will never go hungry, and he who believes in Me will never be thirsty.'" John 6:35

Get Ready: Click [here](#) to get your complete supply list for this lesson.

The Children's Sermon

You'll Need:

- ["Signs"](#) printable - one copy

Do This:

SAY: We see signs all around us every day. As we walk down the halls at school, we may see signs that tell the different rooms in the school such as the cafeteria, office, library, computer lab, or music room. Each classroom probably has a sign by the door with the teacher's name on it so students will be able to find their classrooms.

When we travel around our town, we see signs that tell us what we should or should not do. I have some pictures of some signs that you probably see every

day. Let's see how many of them you know. (Hold up each of the signs and invite kids to tell what they mean.)

Our lesson today is about signs of a different kind—not a sign you can touch, but something that would prove to people that Jesus really was sent by God. Like when Jesus fed 5,000 people with just five loaves of bread and two fish. That was a sign that Jesus was from God, but the people totally missed it. They wanted even more signs, more proof.

The Bible says when people realized Jesus had left that place and gone somewhere else, they went looking for Him. They found Him way over on the other side of the lake.

Jesus said to them, "You came looking for Me not because you saw God in My actions, but because I fed you. You shouldn't be so concerned about things like food. Instead, you should be seeking the eternal life that I can give you."

Here's how the people responded: "Show us a miraculous sign if You want us to believe in You. What can You do? After all, Moses gave our ancestors bread from heaven to eat when they were in the wilderness. Can You do that?"

Jesus answered them, "The true bread of God is the One who comes down from Heaven and gives life to the world."

"Give us that bread! Give it to us every day," the people said.

Jesus replied, "I am the Bread of Life. Whoever comes to Me will never be hungry again, and whoever believes in Me will never be thirsty."

Some people today are still asking for some special sign that will prove that Jesus was sent from God. But God has given us all the signs we need right here in the Bible. All God wants is for us to believe in the one He sent.

PRAY: Heavenly Father, we thank You for Your Son Jesus, who is the Bread of Life. We don't need a sign. We believe in Him, which means He gives us life forever with You. In Jesus' name, amen.

Bible Memory Verse

"Then Jesus declared, 'I am the bread of life. He who comes to Me will never go hungry, and he who believes in Me will never be thirsty.' " John 6:35

You'll Need:

- Bibles - one per child
- Sliced bread
- 2 x 2 squares of paper
- Toothpicks

Get Ready: Write a word or phrase from today's memory verse on each square of paper. Attach each square to a toothpick and put a toothpick in each slice of bread.

Do This:

Lead kids in these steps:

- Invite kids to open their Bibles to John 6:35.

- Invite kids to read through the passage several times. Ask for volunteers to read it aloud.
- Challenge kids to work together to line up the bread in the right order to correctly display the memory verse.
- After it is completed, remove one square to see if the kids can still complete the memory verse. Repeat until all the squares have been removed.

SAY: Today we're learning just like those people following after Jesus, what it means that Jesus is the Bread of Life.

Bible Interactive Experience

You'll Need:

- A Bible

Get Ready: Before class, review the following notes about American Sign Language and familiarize yourself with the three words you'll be teaching kids how to sign.

Do This:

Explain to the kids that today you'll be teaching them some American Sign Language. (Use the key below to teach them the signs for *Jesus*, *God*, and *Bread*).

To sign **Jesus**: Touch the tip of the middle finger of your dominant hand into the center of the palm of your non-dominant hand. Then touch the tip of the middle finger of your non-dominant hand into the palm of your dominant hand.

To sign **God**: Swipe your dominant hand in front of your head like one half of two praying hands, making sure your thumb touches your forehead in the swipe before then pulling downward to your chest area.

To sign **Bread**: Place your left hand out in front of you with your palm facing inward and your fingers pointing to the side. Pretend your left hand is a loaf of bread. Use your right hand fingertips against the back of your left hand to “slice the loaf” a couple times.

After you’ve taught some signs to the kids, review them and see if they remember what they mean.

SAY: Great job using sign language! Let’s put it into practice.

Open your Bible to John 6:24–35. Invite kids to open their Bibles to John 6:24–35. Read aloud the passage. Encourage kids to make the sign when they hear *Jesus*, *God*, or *bread*. (Sign each word along with them).

ASK:

- **The people had trouble believing. What is easy or hard for you about believing the signs that Jesus performed in the Bible?**
- **After hearing this passage, how would you say Jesus and bread are alike?**

SAY: The people saw Jesus perform many miracles, but they were still looking for a sign that He was sent from God. Sometimes people have all that they need, but still go looking for more. That’s why Jesus wanted them to understand that believing in Him would finally fill them up. Because He is the Bread of Life.

Virtual Lesson Tip

You can do this activity with the entire family.

What of Life?

You'll Need:

- ["What of Life"](#) video
- Something to play the video

Do This:

Show them the video.

ASK:

- What did you learn about Jesus from this video?
- How does knowing Jesus is the Bread of Life help you live your life and follow Him?

Rolled-Up Bread

You'll Need:

- Paper plates - one per child
- Napkins - one per child
- White bread slices - one per child
- Plastic knives - one per child
- Butter
- Cinnamon
- Sugar

Do This:

Follow these steps for the “Rolled-Up Bread”:

- Give children each a slice of bread. Instruct them to cut off the crust. They may eat the crust or throw it away.
- Using their hands and fingers, instruct kids to smash their pieces of bread as flat as they can.
- Once flat, invite kids to butter the bread and then sprinkle cinnamon and sugar on the bread.
- Next, kids will need to roll up their bread tightly and then cut it into slices to reveal smaller circles.
- Enjoy.

SAY: When the Israelites were wandering in the wilderness, God provided manna (food) from heaven for them to eat. Jesus points out in today’s passage that Moses did not provide that; it was from God. God also provided Jesus, the Bread of Life from Heaven that gives life to the world. Through Him we can find eternal life.

Who Gave the Sign?

You’ll Need:

- Chairs

Do This:

To play the “Who Gave the Sign?” have kids follow these steps:

- Invite kids to sit in a circle of chairs facing inward.
- Pick one player to be the guesser. Send this player outside the room.
- Once the guesser is outside, have kids work together to pick someone to be the sign giver. Decide on a sign they subtly give to the group. (For example, they might scratch their nose, pull their ear, or cross their legs.)

- Once you have decided on a sign, decide on a reaction. (For example, when the sign giver scratches their nose, everyone gets up and changes seats.)
- The key is to be as secretive about the sign as possible.
- Invite the guesser back in the room. Their job is to guess who is giving the sign. They have three guesses.
- Play several rounds as time allows.

ASK:

- **Explain what was easy or hard about determining who was giving the sign.**
- **What things have you learned about Jesus that make it easier for you to believe?**

SAY: Even though Jesus was standing right in front of the people, they were still asking for a sign. Jesus made it clear that He was the Bread of Life and in Him we have all we need.

Virtual Lesson Tip

You can do this activity with the entire family.

Toaster Magnet

You'll Need:

- **Air-dry modeling clay**
- **Paintbrushes - one per child**
- **Magnets - one per child**
- **Glue**

Do This:

Follow these steps to make the "Toaster Magnets":

- Give each child a lump of air-dry modeling clay.
- Invite kids to sculpt a piece of sliced bread.
- Once sculpted, encourage kids to use the backside of the paint brush to write John 6:35 on their bread sculpture.
- Then have kids glue a magnet on the back of their bread sculptures.
- Allow to air dry.

SAY: Take your bread art home and hang it on or near your toaster to remind you, and give you a sign, that Jesus is the living bread. In Him we have all we need.

Rolls of Prayers

You'll Need:

- **A cooked dinner roll (a day or two old is best)**

Do This:

- Invite kids to sit in a circle and give one child the dinner roll.
- Invite that person to toss the roll to someone.
- The person tossing the roll will pray for the person that catches the roll.
- Continue playing until everyone has caught the roll and been prayed over by the class.

PRAY: Dear God, help us to see that Jesus is the Bread of Life and He is all we need. Help us understand that Jesus alone saves us and helps us live with faith following Him. In Jesus' name, amen.

Time to Praise God

You'll Need:

- Song: "Bread of Life"
[Words and Music \(pdf\)](#)
[Accompaniment Track](#)
- Song: "Share His Love"
[Words and Music \(pdf\)](#)
[Accompaniment Track](#)

SAY: Jesus is the Living Bread. Think about these words as you sing them now.

Lead children in singing "Bread of Life" and "Share His Love."

If You Have Extra Time...

Use these activity sheets to fill in any time and keep kids learning.

- [Crossword](#)
- [Decoder](#)
- [Word Search](#)

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- [Plastic knives](#) - one per child
- Butter
- Cinnamon
- Sugar
- Chairs
- [Air-dry modeling clay](#)
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- [Magnets](#) - one per child
- [Glue](#)
- A cooked dinner roll (a day or two old is best)

[Back to the top](#)

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AT HOME LESSON

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The Children's Sermon

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Do This:

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SAY: Great job using sign language! Let's put it into practice.

Open your Bible to John 6:24-35. Explain that you're going to tell what happened in the Bible, and encourage kids to make the correct sign when they hear *Jesus*, *God*, or *bread*. (Sign each word along with them).

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- The people had trouble believing. What is easy or hard for you about believing the signs that Jesus performed in the Bible?
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[Back to the top](#)