

# Jesus Is the Bread of Life

## LOWER 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 the 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**
- **["Follow the Breadcrumbs"](#) handout - one per child**
- **Pencils or pens - one per child**

### **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 try to find the first word in the verse, and then make a continuous line connecting each word in the verse to the next, in order of today's memory verse.

### **ASK:**

- Tell about your experience in this activity.
- How was looking for the next word in the memory verse like or unlike what the people were doing with Jesus?

**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. 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).

**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 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.

## Sign Race

### You’ll Need:

- Post-it notes
- Dry erase board - one per team
- Dry erase markers

**Get Ready:** Before starting “Sign Race,” write 5 to 10 elements from today’s lesson on sticky notes (fish, bread, people, Jesus, signs, etc.)

## Do This:

To play the "Sign Race," have kids follow these steps:

- Divide children into two teams, giving each team a dry erase board and some markers.
- Have each team choose one person to be the first illustrator.
- Give each illustrator a post-it note. Instruct them to read what is written, then keep it private to themselves.
- Explain to kids that when you say "go," the illustrator will need to draw the element from their post-it note. The rest of their team will need to guess which element the illustrator is drawing.
- The first team to guess their illustrator's "sign" gets a point.
- Rotate illustrators and continue as time allows.

**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.

## Bread Art

### You'll Need:

- **Air-dry modeling clay**
- **Paintbrushes - one per child**
- **Yarn**
- **Scissors**

### Do This:

Follow these steps to make the "Bread Art":



- Give each child a lump of air-dry modeling clay.
- Invite kids to sculpt a small slice of bread.
- Once sculpted, encourage kids to use the backside of the paint brush to write John 6:35 on their bread sculpture.
- Then, using the back end of the paintbrush, instruct kids to poke a hole in the top and thread some yarn through their bread.
- Allow to air dry.

**SAY:** Take your bread art home. Hang it somewhere to remind you that Jesus is the Bread of Life, and in Him we have all we need.

### Virtual Lesson Tip

*Have kids share where they plan to hang their “Bread Art.”*

## Belief Prayers

### You'll Need:

- [Dissolving paper](#)
- **Bucket of water**
- **Pens**

**Get Ready:** Before class, cut the dissolving paper into shapes that look like bread slices.

### Do This:

- Give each child a piece of dissolving paper.

- Explain to kids that in today's lesson the people were having a hard time believing in Jesus. Ask kids if they ever have a hard time believing in Jesus.
- Invite kids to write an honest prayer to Jesus on a piece of the disappearing paper.
- After they write their prayer, invite them to lay their prayer in the water, and watch them disappear.

**PRAY:** Dear God, help us with our unbelief. Help us see that Jesus is the Living Bread and He is all we need. Help us to understand that Jesus alone saves us and help us to 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](#)

## Complete Supply List:

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- "Follow the Breadcrumbs" handout - one per child
- Pencils or pens - one per child
- "What of Life" video
- Something to play the video
- [Paper plates](#) - one per child
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- [Plastic knives](#) - one per child
- Butter
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- [Post-it notes](#)
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# Jesus Is the Bread of Life

## AT HOME LESSON

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**Scripture:** John 6:24-35

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