

Jesus Is the Bread of Life

PRESCHOOL LESSON



Theme: Jesus is the Living Bread

Scripture: John 6:24-35

Memory Verse: "Then Jesus declared, 'I am the bread of life.'" John 6:35

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

The Children's Sermon

You'll Need:

- ["Street Light"](#) Printable - one copy

Do This:

SAY: We see signs all around us every day. If we go into a school, we may see signs that tell us where the cafeteria or library is. Maybe you go to preschool, and your classroom has a sign with a number on the door to tell you which classroom is yours.

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. But the signs we're learning about aren't like the ones we see everyday. (Hold up one of the street light signs.) **We'll have to think differently about these signs. Think about when a storm is coming. The wind might start blowing really hard.** (Lead kids in making "whoosh" sounds like wind.) **That's a *sign* that a storm might be coming.** (Have kids give examples of other signs that a storm is coming.)

In the Bible, it says people were looking for a *sign* that Jesus was sent from 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, because no one except God could do that.

The Bible says the people followed Him around looking for more and more signs. Like, after He had fed the 5,000. He traveled to the other side of a big lake, and the people followed Him over there.

We would follow Jesus around because we know He is God's special Son! But Jesus said these people were following Him for the wrong reasons—because He gave them food and did some neat stuff. But Jesus said they should be following Him because He could show them how to be forever friends with God. Jesus told them, "I'm the Living Bread, the one who gives you life forever." When we follow Jesus, we have so much more than just a piece of bread. We have the One who gives us life.

Jesus gave us many signs throughout the Bible that help us to believe He *is* God's special son!

****PRAY:** God, thank You for Your Son, Jesus. We know He is the Bread of Life, which means He gives us life forever with You. We believe! In Jesus' name, amen.**

Bible Memory Verse

“Then Jesus declared, ‘I am the Bread of Life.’” John 6:35

You’ll Need:

- **A Bible**
- **“[Bread of Life](#)” handout - one per child**
- **Scissors**
- **Crayons**
- **Hole punch**
- **Yarn**

Get Ready: Cut out the bread slices from the handouts.

Do This:

Lead kids in these steps:

- Read the modified Bible verse to kids.
- Next, invite kids to color their bread slices.
- As they color, help kids think about what it means that Jesus is the Bread of Life. Explain that bread is a food that keeps us alive, but we have to keep eating. Jesus is God’s special Son; so He fills us up so we can live forever.
- Hole punch the top of the bread slices and thread yarn through the top.
- Invite kids to wear their “Bread of Life” necklaces.

ASK:

- **What do you like about knowing that Jesus fills you up so you can live forever with Him?**

SAY: Jesus is the Bread of Life. Let's learn more about that now.

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).

Say: Jesus went to the other side of the lake after He fed the 5,000. The people went looking for Him and found Him over there. Jesus knew they weren’t following them for the right reasons, and He told them so. Jesus told them it was more important to pay attention to how He could give them eternal life. So they asked Jesus what to do. And He said they must believe in Him. But they begged Jesus for another sign, like when God sent down bread from the sky to feed the Israelites. Then Jesus said, “I’m the Bread of Life. I give you life forever. Whoever believes in me will never be hungry.”

ASK:

- What does it mean that Jesus is the Bread of Life?
- Why do you believe in Jesus?

SAY: When we believe in Jesus, He fills up our hearts forever, and He gives us life forever. That’s why He said 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?
- Who is someone you want to tell about the Bread of Life today?

Painted Toast

You'll Need:

- Paper plates - one per child
- Napkins - one per child
- White bread slices - one per child
- Milk
- Cups
- Food coloring
- Paintbrushes - one per child
- Toaster

- **Butter**
- **A butter knife**

Get Ready: Before class, fill some shallow glasses with milk. Put food coloring in each glass of milk and stir.

Do This:

Follow these steps for the “Painted Toast”:

- Give each child a slice of bread on a plate and a small paintbrush.
- Invite kids to dip their paintbrush into the colored milk and paint the bread.
- When they’ve finished painting, lightly toast the bread in a toaster.
- Put butter on kids’ “Painted Toast.”
- Enjoy.

ASK:

- **Bread fills us up. What’s your favorite thing to eat that fills you up?**
- **How would you explain to friends that Jesus fills them up?**

SAY: Jesus is the Bread of Life because He fills up our hearts with love and forgiveness. He makes it so we can live forever in Heaven with Him.

The Sign Says

You’ll Need:

- **A ruler**
- **Red construction paper**
- **Green construction paper**

- **Stapler**
- **Music**

Get Ready: Before class, place the red and green construction paper, back-to-back over the ruler, and staple them together so part of the ruler hangs out and acts as a handle.

Do This:

To play The Sign Says, have kids follow these steps:

- Give preschoolers plenty of space to dance around and move.
- Explain that you are going to play music and when they hear the music they can dance.
- When you hold up the red side of the sign, they have to freeze. They can't move again until the green sign appears.
- Play several rounds as time allows.

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

Virtual Lesson Tip

You can do this activity with the entire family.

Bread Basket

You'll Need:

- [Jesus Is the Bread of Life How-to Video](#)
- Paper plates - one and a half per child
- Crayons
- Scissors
- ["Bread Basket" handout](#) - one per child
- Tan colored paper
- Stapler
- Glue

Get Ready: Before class, print the "Bread Basket" handout on tan colored paper and cut out the loaves of bread (one set for each child). Cut the paper plates into halves, so each child has three halves. Take one of the three halves and cut the center from it to make a basket handle.

Do This:

Follow these steps to make the "Bread Baskets":

- Give each child two half plates and one handle.
- Have kids color their paper plate pieces.
- As they work, match up their halves to make the basket bottom and staple the pieces together. Then staple the handle so it arches over the basket bottom..
- When finished, invite kids to glue their tan-colored "loaves of bread" inside of their "Bread Baskets."

SAY: Take your bread basket home to help you remember that Jesus is the Bread of Life. He is all we need.

Bread Prayers

You'll Need:

- **Basket of crackers**

Do This:

- Invite kids to sit in a circle.
- Slowly pass the basket of crackers and as each preschooler takes one, invite them to say "Thank you Jesus for being the Bread of Life."

PRAY: Dear God, help us 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 walk by faith in 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."

Complete Supply List:

- "Street Light" Printable - one copy
- A Bible
- "Bread of Life" handout - one per child
- Scissors
- [Crayons](#)
- [Hole punch](#)
- [Yarn](#)
- "What of Life" video
- Something to play the video
- [Paper plates](#) - one per child
- [Napkins](#) - one per child
- White bread slices - one per child
- Milk
- Cups
- [Food coloring](#)
- [Paintbrushes](#) - one per child
- Toaster
- Butter
- A butter knife

- A ruler
- Red construction paper
- Green construction paper
- Stapler
- Music
- [Paper plates](#) - one and a half per child
- "Bread Basket" handout - one per child
- [Tan colored paper](#)
- Glue
- Basket of crackers

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Jesus Is the Bread of Life

AT HOME LESSON

Theme: Jesus is the Living Bread

Scripture: John 6:24-35

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 Interactive Experience

You'll Need:

- **A Bible**

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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.

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.**

Complete Supply List:

- “Signs” printable - one copy
- A Bible
- “What of Life” video

- Something to play the video
- [Paper plates](#) - one per child
- [Napkins](#) - one per child
- White bread slices - one per child
- [Plastic knives](#) - one per child
- Butter
- Cinnamon
- Sugar

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