



**I AM THE BREAD
OF LIFE**
LESSON 1

WONDER TRUTH:
Jesus Gives Us Life

SCRIPTURE:
[John 6](#)

GOD'S BIG STORY:
After feeding a large crowd with five loaves and two fish, Jesus tells the people that He is the bread of life, promising eternal life to all who trust in Him.

WORD OF WONDER:
Work together on memorizing this verse!

[John 8:12](#)
I am the light of the world. Anyone who follows me will never walk in darkness. They will have that light. They will have life.

 Watch God's Big Story

Listen to our Playlist



Wonder about it!

What is one thing you are learning about God and the wonder of His big story?

How do you see God's story as part of your own story?



Walk It! Act It! Move It! - Food Charades

God cares about our needs, but sometimes it's hard for us to remember this truth. Take some intentional time this week to think through how often we complain and how often God provides for us.

Set out a jar in the kitchen or living room. Place small slips of paper and a pen or pencil by the jar. Whenever anyone in the family complains about something, that person needs to write down his complaint and put it in the jar. (If you have younger kids, help them write out their complaints, or encourage them to draw a picture to express their complaints.)

At bedtime each night, read the complaints and talk about them together. Encourage the family members who wrote the complaints to think about them and then express ways God has cared about their needs.

It's easy for us to complain, but we'll see that when we take time to think about it, it's also easy to see how God cares about our needs!



Family Conversations

Families, use this to prompt conversations at the table, in the car, and anywhere else your family experiences life together.

If you could eat only one type of food for the rest of your life, what food would you choose? • *What kind of bread is your favorite?* • *Why do you think Jesus calls Himself "the bread of life" (John 6:35)?* • *Jesus promises to give "life forever" to everyone who trusts and believes in Him (John 6:47). What does He mean by "life forever"?*



Create It! - Fed with Bread

Choose a bread-based food that everyone in the family can enjoy and read John 6:1-13, 32-35 together while eating your snack. Food items could include something as simple as toast and jelly, muffins, bread pudding, a sandwich, or French toast—or something a bit more involved, such as bread made from scratch.