

I AM THE BREAD OF LIFE

Purpose

This All Age Worship is part of the series exploring the 'I Am' statements Jesus made.

The purpose of this service is to explore and understand the concept of Jesus as the bread of life in an interactive participatory worship experience inclusive of all age groups in your faith community.

Key Scripture

John 6:35 *"Jesus replied: I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty."*

Consider & Prepare

Read John 6:22-59

Understanding the context of the key scripture passage is always important. You will notice here that Jesus says the same things a number of times in a number of ways. Maybe he wanted to make sure all of his listeners understood

what he was saying!

What stands out to you?

Why do you think it is important for us to understand what Jesus is saying here? What new insights have you gained as you think about this passage today?

Before the Meeting

Introduction

Download a sound clip of thunder rumbling.

Activity 1

Prepare PPT slides with the questions for Activity 1

Slide 1

If you could choose 3 things you think would make you happy what would they be?

Slide 2

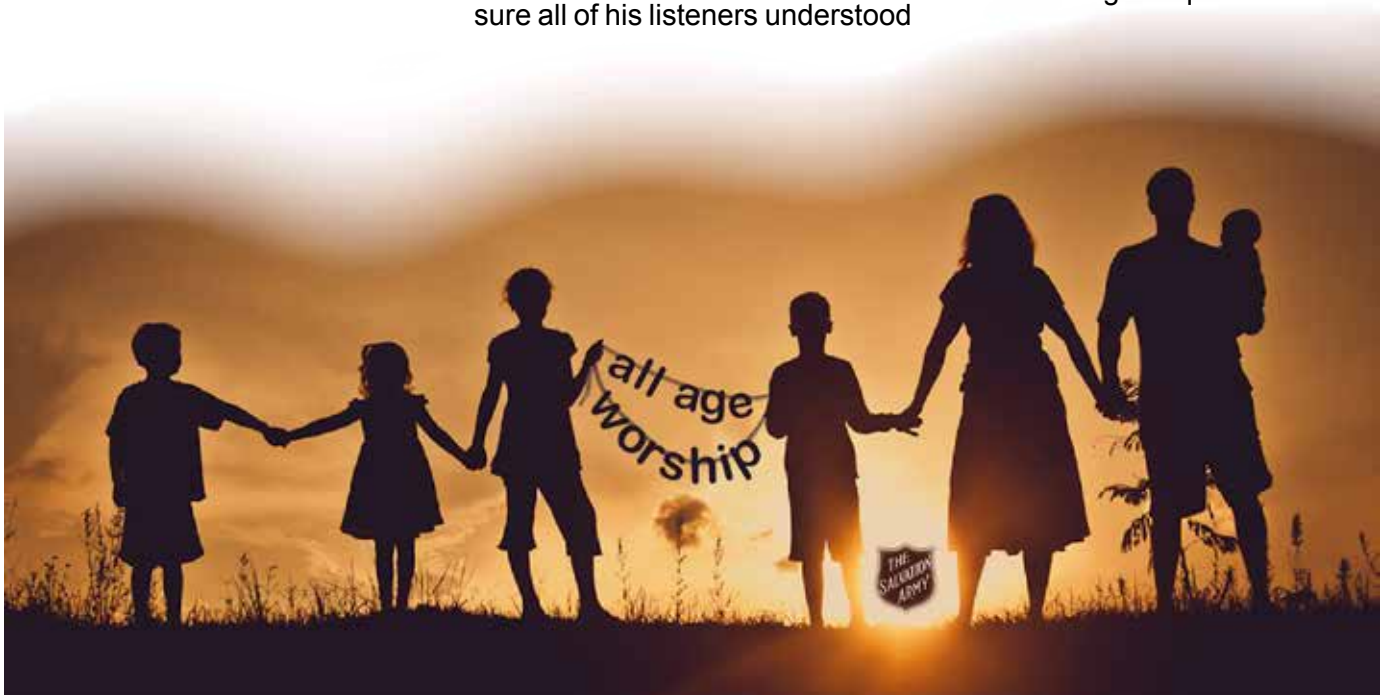
Can you think of a time when you really wanted something?

When you got it what happened?

Were you satisfied?

Did it make you happy forever?

Choose one of the options below for answering the questions.



1. discuss the questions with those around you, in groups of two or three
2. invite three people from the congregation to come up and ask them the questions (you can prepare them beforehand if that is helpful)

Activity 2

This activity involves asking questions and taking answers from the congregation.

Choose:

Option 1: have someone write up the answers on a whiteboard or flip chart **or**

Option 2: type answers directly into a PPT slide

Prepare the resources you will need depending on your option choice.

Activity 3

You will need a plate of delicious food, something that looks and smells amazing and a way to stop someone from being able to eat it. For example: a tea towel to tie over their mouth or a rope to tie their hands.

Drama

You will need to have a group rehearse the drama and preferably learn the lines.

The parts are: Narrator, Jesus and the crowd. There are 3 speaking parts for members of the crowd but try to have at least 6 people make up the crowd.

The lines in the script in Appendix 1 are based closely on the Biblical narrative.

If you need something shorter there is a paraphrase script provided in Appendix 2

Response

Option 1: Provide a variety of materials that will help people respond to the teaching. This could include art and craft materials, modelling clay or play dough, writing materials.

Option 2: Bread & gluten free bread

Extra things you might look at including:

- Play a short burst of the Rolling Stones Song 'I can't get no satisfaction'
- Play an excerpt from Lord of the Rings Two Towers where Merry and Pippin receive Elven

bread.

- If your corps has or can borrow the Oasis pack "I AM eXtreme" you will find a lesson on this topic and video clips you may like to use in the service or as teaching in your children's programs before or after this service.
- Have a selection of different types of bread and bread from different countries. Identify the types of bread and where they originate from. You can talk about this in the meeting if you have time or just have the bread on display as people come in. Alternatively mention that the bread will be on display after the service. The bread could be part of your refreshments that day. Accompany the bread with food it would typically be eaten with eg French bread with pate and brie, Lebanese bread with hommous, damper with golden syrup, sliced white bread with vegemite, fairy bread. Make sure to include gluten free breads and keep this separated from other breads.

Song Suggestions

Hungry (Vineyard)

Jesus, You're All I Need

Breathe

Bread of Heaven (Hymn)

'Til I Want No More (JLJ Music)

Christ Is Enough For Me (Hillsong)

Suggested meeting plan

Welcome and Introduction – I'm hungry!

SONG

ACTIVITY 1 – Feeling satisfied

ACTIVITY 2 – What do we need?

SONG/Offering

Drama – John 6:22-58

ACTIVITY 3 – See and eat

SONG/Reflection

Concluding remarks

Benediction

Closing SONG

Welcome and Introduction

Begin by playing the sound clip of thunder rumbling.

Oooops! Did you hear that? Do you know what that noise was? I forgot to eat breakfast and I'm hungry! My stomach rumbled so loudly that you thought it was thunder. Hmmmm... that reminds me of something Jesus said... I am the bread of life. Whoever comes to me will never be hungry again.

I wonder what he meant by that? We are going to take some time together to explore these words of Jesus and see if we can work it out.

Activity 1

Slide 1

Ask:

'If you could choose 3 things you think would make you happy what would they be?'

(Use the option you chose for taking the responses ie small group discussions or interview volunteers.)

Slide 2

Ask:

"Can you think of a time when you really wanted something? When you got it what happened? Were you satisfied? Did it make you happy forever?"

(Use the option you chose for taking the responses ie small group discussions or interview volunteers.)

Link

We can feel satisfied when we get something that we need or something that we have wanted for a long time. When we are satisfied we feel like we have enough.

Let's explore this a bit more.

Activity 2

Ask the questions and take answers from the congregation. Have someone write up the answers in the way you have chosen (ie whiteboard, flipchart, PowerPoint)

Ask:

"What do I need to live?"

After each response ask:

"Can I live now? Or do I still need something else?"

When you have a good list, run out of time or ideas ask:

"Am I satisfied now? Can I live forever if I have these things?"

Link

Jesus knew that there was nothing on this earth apart from him that was truly satisfying. This is how he explained it.

Drama

See Appendix 1 for a full script or Appendix 2 for an abbreviated script

Activity 3

Think about (or tell us about, or tell the person next to you) a time when you were really hungry?

Ask for a volunteer who is very hungry.

Sit them in front of a plate of delicious food, something that looks and smells amazing but first put something over their mouth so they can't eat it. You could tie their hands, don't give cutlery etc. Do whatever you can to make it difficult for them to eat the food.

Ask them if they have stopped feeling hungry. What is the problem here? They can't eat the food! In order to stop feeling hungry you have to actually eat the food. There is a difference between seeing the food and eating the food.

Link

How does this apply to our relationship with Jesus?

Do you remember at the beginning how you heard my tummy rumble? I was really hungry. I want you to imagine for a minute that you are very hungry. Imagine that you haven't had anything at all to eat for days. It's been so long since you had something to eat that you are feeling sick. You can barely even stand up.


Now, someone comes along and gives you something to eat. What happens?

Food gives our bodies energy – it helps us to keep on going when we have work to do.

Jesus gives our lives energy – he helps our hearts and minds to keep on going when we have work to do.

Food gives our bodies all of the vitamins and minerals it needs to be strong and healthy.

Jesus gives our hearts and minds all that they need to be strong and healthy.



Food gives our bodies life! We can live for a little while without food but we can't keep living for long. We have to have it.

Jesus gives us life! People can live without Jesus on earth but their lives never seem very satisfying. They always feel like they need something more. If we want to live well now AND keep on living forever, we need Jesus.

Jesus wants you to be hungry for life in all its fullness (John 10:10) and he tell us he is the one who can satisfy that hunger!

Jesus gives us a full and healthy life for now and for always.

Response

What are you hungry for this morning? Take some time to talk to God about what you are spiritually hungry for.

Option 1: As the music plays you can make use of the various materials that have been provided to express your response to Jesus words – “I am the bread of life, whoever comes to me will never be hungry”.

Option 2: As the music plays you have the opportunity to come and take some bread as an expression of your response to Jesus words – I am the bread of life, whoever comes to me will never be hungry. Will you eat the bread that is offered to you this morning?

Benediction

God is wonderful and glorious. I pray that his Spirit will make you become strong followers and that Christ will live in your hearts because of your faith. Stand firm and be deeply rooted in his love. I want you to know all about Christ's love, although it is too wonderful to be measured. Then you will be made complete with all the fullness of life and power that comes from God. Ephesians 3:16-19 (CEV/NLT)

Jesus, the Bread of Life Drama

John 6:22-58 (NLT)

Narrator:

Setting the scene: Jesus had been busy. He fed five thousand people then slipped away to spend some time alone. He came back, to reassure the disciples when a storm came up, walking on the water to get to them in their boat. They then continued across to Capernaum.

²²The next day the crowd that had stayed on the far shore saw that the disciples had taken the only boat, and they realized Jesus had not gone with them. ²³Several boats from Tiberias landed near the place where Jesus had blessed the bread and the people had eaten. ²⁴So when the crowd saw that Jesus and his disciples were not there, they got into the boats and went across to Capernaum to look for him. ²⁵They found him on the other side of the lake ...

Crowd 1:

"Teacher, when did you get here?"

Jesus:

"I tell you the truth, you want to be with me because I fed you, not because you understood the miraculous signs. But don't be so worried about things that can spoil, like food. Spend your energy searching after the eternal life that the Son of Man can give you. For God the Father has given me the seal of his approval."

Crowd 2:

²⁸"We want to do God's works, too. What should we do?"

Jesus:

²⁹"This is the only work God wants from you: Believe in the one he has sent."

Crowd 2:

³⁰"Show us a miraculous sign if you want us to believe in you. What can you do? "

Crowd: *not too loudly says things like – "Yes, what can you do?" "Show us!" "Show us what you can do!" etc*

Crowd 3:

³¹ "... our ancestors ate manna while they journeyed through the desert!" The Scriptures say, 'Moses gave them bread from heaven to eat.'^[9]

Crowd *murmurs agreement*

Jesus:

³²“I tell you the truth, Moses didn’t give you bread from heaven. My Father did. And now he offers you the true bread from heaven. ³³The true bread of God is the one who comes down from heaven and gives life to the world.”

Crowd 1:

³⁴“Sir, give us that bread every day.”

Crowd *murmurs agreement – yes give us that bread!*

Jesus:

³⁵“I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.

³⁶But you haven’t believed in me even though you have seen me.

³⁷However, those the Father has given me will come to me, and I will never reject them. ³⁸For I have come down from heaven to do the will of God who sent me, not to do my own will.

³⁹And this is the will of God, that I should not lose even one of all those he has given me, but that I should raise them up at the last day. ⁴⁰For it is my Father’s will that all who see his Son and believe in him should have eternal life. I will raise them up at the last day.”

Crowd ⁴¹*murmurs in disagreement over bread from heaven remark.*

Crowd 1:

What is he talking about? He had said, “I am the bread that came down from heaven.”

Crowd *murmurs in confusion – what is he talking about? etc*

Crowd 2:

⁴²“Isn’t this Jesus, the son of Joseph?”

Crowd *murmurs agreement*

Crowd 3:

We know his father and mother. How can he say, ‘I came down from heaven’?”

Jesus:

⁴³“Stop complaining about what I said. ⁴⁴For no one can come to me unless the Father who sent me draws them to me, and at the last day I will raise them up. ⁴⁵As it is written in the Scriptures,^u ‘They will all be taught by God.’ Everyone who listens to the Father and learns from him comes to me. ⁴⁶(Not that anyone has ever seen the Father; only I, who was sent from God, have seen him.)

⁴⁷“I tell you the truth, anyone who believes has eternal life. ⁴⁸Yes, I am the bread of life! ⁴⁹Your ancestors ate manna in the wilderness, but they all died.⁵⁰ Anyone who eats the bread from heaven, however, will never die.

⁵¹ I am the living bread that came down from heaven. Anyone who eats this bread will live forever; and this bread, which I will offer so the world may live, is my flesh.”

Crowd murmurs in confusion ⁵² arguing with each other about what Jesus meant.

Crowd 3:

“How can this man give us his flesh to eat?”

Jesus:

⁵³ “I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you cannot have eternal life within you. ⁵⁴ But anyone who eats my flesh and drinks my blood has eternal life, and I will raise that person at the last day.

⁵⁵ For my flesh is true food, and my blood is true drink. ⁵⁶ Anyone who eats my flesh and drinks my blood remains in me, and I in him.

⁵⁷ I live because of the living Father who sent me; in the same way, anyone who feeds on me will live because of me. ⁵⁸ I am the true bread that came down from heaven. Anyone who eats this bread will not die as your ancestors did (even though they ate the manna) but will live forever.”

Narrator:

Jesus ⁵⁹ said these things while he was teaching in the synagogue in Capernaum.

Jesus, the Bread of Life Drama

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Narrator:

Setting the scene: Jesus had had a busy day. He fed five thousand people, slipped away to spend some time alone. He came back, to reassure the disciples when a storm came up, walking on the water to get to them in their boat. They then continued across to Capernaum.

The next day the crowd saw that neither Jesus nor his disciples were there, so they got into boats and went across to Capernaum to look for him. They found him on the other side of the lake ...

Crowd 1:

"Rabbi, when did you get here?"

Jesus:

"I tell you the truth, you want to be with me because I fed you, not because you understood the miracle. Don't be so concerned about perishable things like food. Spend your energy seeking the eternal life that the Son of Man can give you. For God the Father has given me the seal of his approval."

Crowd 2:

"We want to perform God's works, too. What should we do?"

Jesus:

"This is the only work God wants from you: Believe in the one he has sent."

Crowd 2:

"Show us a miraculous sign if you want us to believe in you. What can you do? "

Crowd: *not too loudly says things like – "Yes, what can you do?" "Show us!" "Show us what you can do!" etc*

Crowd 3:

"... our ancestors ate manna while they journeyed through the wilderness!" The Scriptures say, 'Moses gave them bread from heaven to eat.'"

Crowd *murmurs agreement*

Jesus:

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Jesus:

“I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.

But you haven’t believed in me even though you have seen me. I have come down from heaven to do God’s will, that I should not lose even one of all those he has given me, but that I should raise them up at the last day. It is my Father’s will that all who see his Son and believe in him should have eternal life

Crowd *murmurs in disagreement.*

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I am the living bread that came down from heaven. Anyone who eats this bread will live forever; and this bread, which I will offer so the world may live, is my flesh.”

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