

## St Benedict Biscop Church

### Messy Church and Sunday Club at home

Week beginning 8th August 2021



#### Praise – He's got the whole world in his hands

<https://youtu.be/kDBJNQiu9nM>

**This week's reading is taken from – John 6:24-35** In today's reading Jesus knows that the crowd are more concerned with filling their stomachs with bread. Bread is filling and gives you energy. At the time of Jesus bread was essential for supporting life. Discuss which crops are used to make bread and how bread is made. Jesus said, "Do not work for food that cannot last but work for food that endures to eternal life, the kind of food the Son of Man is offering you." Jesus knows that physical bread will not fill the people's stomachs for ever. He then says: "I am the bread of life. He who comes to me will never be hungry;" The bread that endures, that lasts is Jesus. What do you think this means? How can Jesus be the bread of life? Jesus meant that if you believe in him you will not be spiritually hungry. Many people who do not know Jesus feel restless and empty. They feel that something is missing in their lives. It is not enough to eat good food all the time, live in big house, own fast cars and have lots of possessions. This would be like eating junk food all the time. Firstly junk food would not give you the healthy nutrition you need to sustain life; it would make you fat and possibly make you ill. At the very least you would feel tired and inactive. Jesus, the bread of life, can feed your soul and help you to think about The Word of God. His teachings guide us in our daily lives and show us how to put others before ourselves. Being greedy makes us selfish. But accepting Jesus into our lives enables us to grow into the best possible person we can be. Jesus is good for our health!

**This is a link for the story on You tube if you would like to use it:**

<https://youtu.be/h7MPWBUczfM>

#### Praise – Bread of Life

<https://youtu.be/d8Ge6xs28k>

### An activity – Bread of life collage

Make your own bread collage I have a couple ideas for you:



### Colouring sheet

I attach a colouring sheet for you to enjoy.

### Prayer

Two little eyes to look to God,  
Two little ears to hear God's word,  
Two little lips to sing God's praise,  
Two little feet to walk God's ways,  
Two little hands to do God's will  
And one little heart to love him still

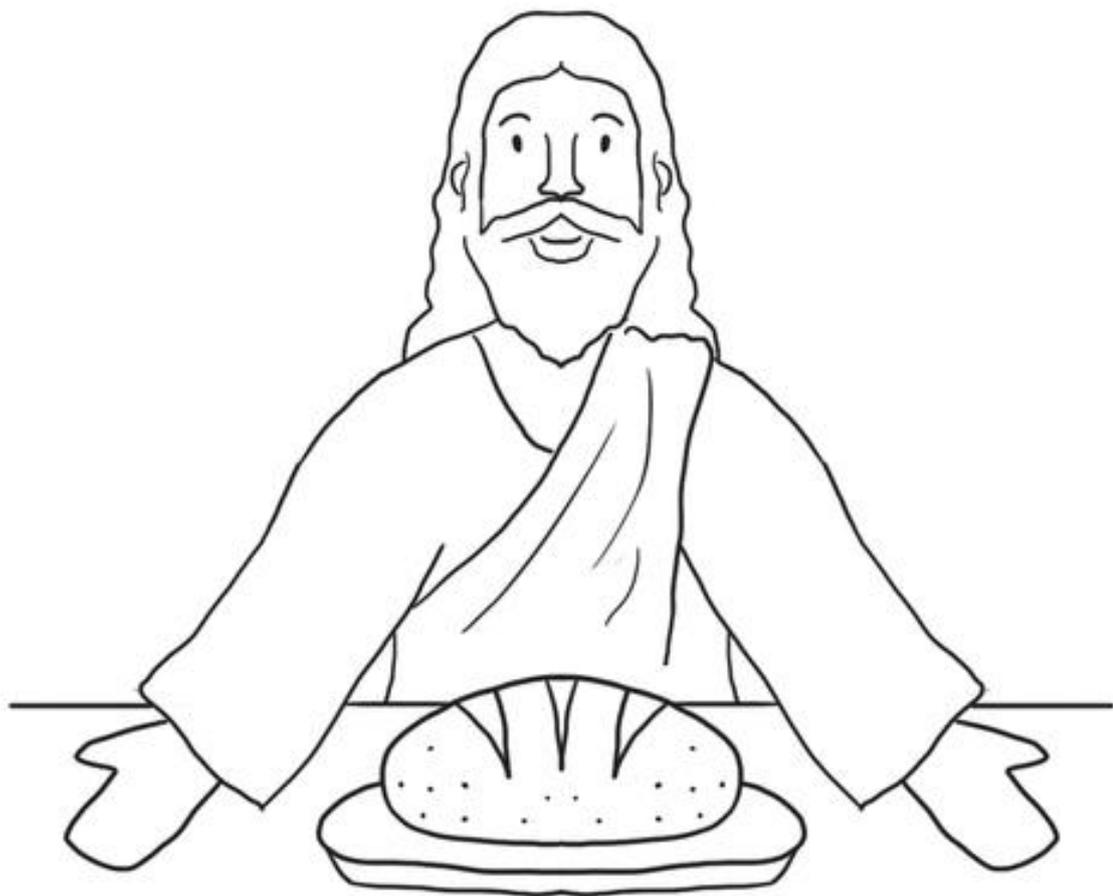
Amen

(during the prayer point to the eyes etc)

Praise – God's love is so wonderful.

[https://youtu.be/wshyjyn\\_KP4](https://youtu.be/wshyjyn_KP4)

# JESUS, THE BREAD OF LIFE



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