

### LESSON 1

## I AM THE BREAD OF LIFE

### LESSON AT A GLANCE

**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.

**Activity: Bread Making**

**Activity: Bread or Not?**

**Worship**

**God's Big Story**

**Prayer and Blessing**

**Activity: Bread Toss**

## Wonder@Home™

Designed for families to engage in the wonder of God together at home. This resource includes a video, worship playlists, activities, and more!

## Activity: Bread Making

**SUPPLIES:** modeling dough, rolling pins (several)

Before the activity begins, set out modeling dough and rolling pins on a table.

Greet the kids warmly and welcome them to church.

**Welcome! While we're getting ready to start, you can play with this modeling dough to create pretend bread. Do you have any ideas of what we'll be learning about today?**

Encourage kids to begin kneading their modeling dough. Comment to kids that this reminds you of how real dough for bread is made. Demonstrate how to shape the dough into a loaf of bread and challenge kids to also create loaves of bread. Tell kids they will be hearing a lot about bread today!

## Activity: Bread or Not?

**Wonder Ink RESOURCES:** Bread or Not? Sheet

Before the activity begins, print the Bread or Not? Sheet and cut apart the pictures.

**I have some pictures of food! I am going to hold one up, and you can say whether it is bread or not.**

Hold up each picture, one at a time, asking kids whether the picture is a picture of bread. Continue until all the pictures have been identified. **Today we are learning that Jesus is the bread of life, and more importantly, that He gives us life.**

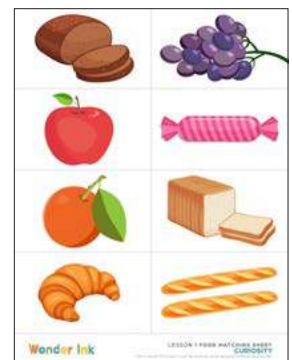
**Our Wonder Truth today is JESUS GIVES US LIFE.**

Encourage the kids to do the following motions while you repeat the Wonder Truth. Older toddlers can say the words with you as they do the motions.

**JESUS**—Point up.

**GIVES US**—Push hands away from your chest like giving a gift.

**LIFE**—Jump up and throw arms up.



## Worship

**Wonder Ink RESOURCES:** songs from the [I AMs of Jesus Early Childhood Spotify playlist](#)

**Today, we're learning Jesus gives us life. Say the word, life. We need all kinds of things to live, but we need Jesus the most!**

**We'll learn in God's big story how God provided for His people by giving them food and life through Jesus! Let's sing a song to help us praise God for giving us life!**

Play songs from the [I AMs of Jesus Early Childhood Spotify playlist](#) and encourage the kids to sing and dance with you.

## God's Big Story

**SUPPLIES:** Bible, scissors (prep only), slices of bread (12)

**Wonder Ink RESOURCES:** Story Sandwich Sheet, [God's Big Story Video](#), Bread Sheet (2 copies, optional)

**Allergy Caution:** Be aware of any food allergies or sensitivities among your kids and volunteers before doing this activity!

**Our God's big story today is a great story from the Bible about Jesus and one of the names He called Himself to help us know Him better.** Encourage the kids to say, "Jesus." **Let's find out from the Bible what Jesus said!**

Show the kids the God's Big Story Video or read the story from the Bible or use the Script provided.

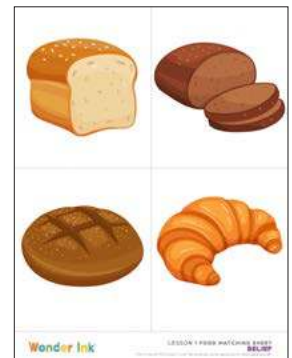
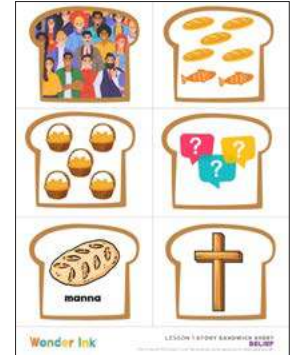
Before the activity begins, print and cut apart the Story Sandwich Sheet and place each picture between two slices of bread to create a "Story Sandwich." Pause at each place as indicated in the story script and give a kid the corresponding Story Sandwich to open and show the picture that illustrates that part of the story. Optional: If you do not want to use actual slices of bread, you can print two copies of the Bread Sheet and cut apart to use as bread for each Story Sandwich.

**One day, 5,000 hungry people came to where Jesus and His followers were.** Allow a child to open Story Sandwich #1 and hold up the picture of the crowd of people. **Jesus decided to feed them, but there wasn't enough food. A boy with five loaves of bread and two fish offered to share his food.** Allow a child to open Story Sandwich #2 and hold up the picture of the five loaves of bread and two fish. **Jesus took the boy's food and thanked God. Everyone ate, and the food never ran out. What a miracle!** Allow a child to open Story Sandwich #3 and hold up the picture of the baskets of bread.

**The next day the crowd looked for Jesus and asked Him questions about Himself. Jesus said, "Do not work for food that spoils. Work for food that lasts forever. That is the food the Son of Man will give you" (John 6:27). The people asked Jesus what God wanted. Jesus told them to believe in Him.** Allow a child to open Story Sandwich #4 and hold up the picture of question marks.

**The people said that years before, God gave Israelites manna, which was like bread, to eat in the desert. The people wanted more food, but they really needed Jesus. Jesus is better than manna in the wilderness.** Allow a child to open Story Sandwich #5 and hold up the picture of manna. **"I am the living bread that came down from heaven," Jesus said, "Everyone who eats some of this bread will live forever" (John 6:51).**

**Jesus came to beat death, making a way for people to live forever with God.** Allow a child to open Story Sandwich #6 and hold up the picture of a cross. **Jesus helped people understand that "everyone who believes [in Jesus] has life forever" (John 6:47). Jesus gives us life.**



## Prayer and Blessing

Let's talk to God. Dear God, thank You for all that You have given us. Thank You for providing for our needs and giving us life through Jesus. We praise You for Your power and love! In Jesus' name, Amen.

Encourage the kids to hold their hands out in front of them, with palms up, as if their hands were open to receive something. Tell them to listen and receive the blessing as you speak it over them.

**Blessing:** In everything you do this week—even eating—remember that Jesus is the true bread of life who beat death on the cross so we can live forever with Him. May God bless you as you seek His Son, Jesus.

## Activity: Bread Toss

**SUPPLIES:** paper plates (3–5), sliced bread (1 slice per kid)

**Allergy Caution:** Be aware of any food allergies or sensitivities among your kids and volunteers before doing this activity!

Before the activity begins, place the paper plates on the floor not far away from where the kids will line up. Help kids form a line and give them each a slice of bread. **Take turns trying to toss your piece of bread onto a plate!** Help kids toss the bread on the plate. Let kids repeat the activity several times. **This bread reminds us that Jesus is the bread of life. Jesus gives us life because He died on the cross for us! I'm so glad that Jesus gives us life!**