

MAIN POINT:

Jesus said, "I Am the Bread of Life."

MEMORY VERSE:

"I am the good shepherd. I know my sheep, and my sheep know me." John 10:14

BIBLE STORY SUMMARY:

In the book of John, Jesus made seven "I Am..." statements. The first was, "I am the bread of life." Jesus had just fed five thousand people, with five loaves and two fish. But of course, the people got hungry again. Jesus shared with them this statement and told them that they needed the Bread of Life so that they would never be hungry again. Jesus was not talking about a physical hunger, but instead was talking about our spiritual need for a Saviour.

WATCH IT

Find the lesson video on our website: <https://cchurch.ca/childrens-online>

DO IT → BREAD OF LIFE NAPKIN HOLDER

Supplies:

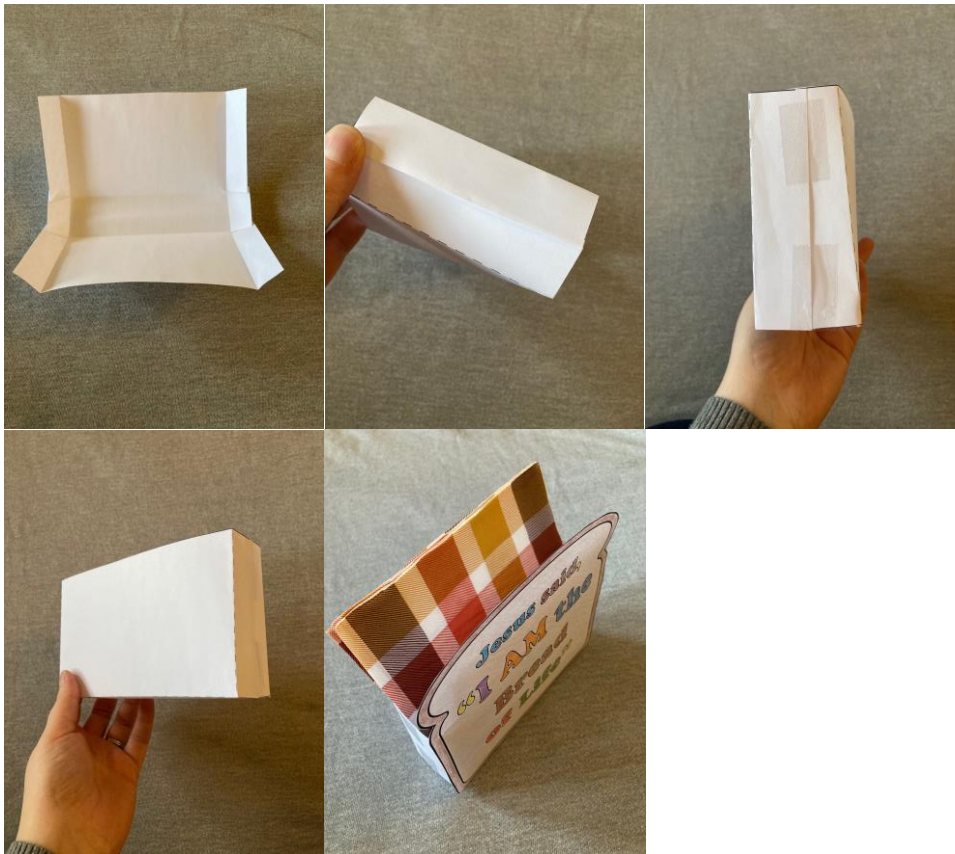
- Napkin holder template (1 per child, see last pages)
- Bread slice template (1 per child, see last pages)
- Scissors
- Glue sticks or scotch tape

Activity Instructions:

- Print and cut out all the templates.
- Have children colour them as desired.
- Fold all the dotted lines on the napkin holder box in toward the middle. (pictures on next page)
- Secure the sides with tape or glue.
- Colour the words on the bread slice.
- Glue or tape the bread slice to the front of the napkin holder.

The Point

Use your "Bread of Life" craft by filling it with napkins and remember that Jesus wants you to spend time with Him. He loves you so much.



TALK ABOUT IT:

Do this section with your child while they are assembling their craft.

1. **What is a treat you like, or an activity that you do, that always leaves you wanting more?** (Eating your favorite kind of cookie, going on a ride at an amusement park.)
2. **Sometimes, we can have too much of a good thing. Can you think of a time when you had too much of something and you didn't feel good afterwards?** (Ate too much ice cream, went on the rollercoaster too many times.) **One thing we can never have too much of, is time with Jesus! He loves when we spend time getting to know Him.**
3. **Jesus wants to spend time with us, which feeds our spirits. Sometimes we crowd Him out by filling our lives with things. Maybe we're too busy playing video games, watching TV, reading books, or playing with our friends. These can be good things, but too much of anything that doesn't leave time for Jesus, can be the wrong choice. Think about how you can spend time with Jesus this week. You might have to move something else that seemed important before, to make room for Jesus. Ask God right now to help you put Him first. What are things you can begin doing today to make sure that your spirit is fed by Jesus?** (Praying in the morning before going to school, reading your Bible before bed, listening to worship music.)

FAMILY PRAYER:

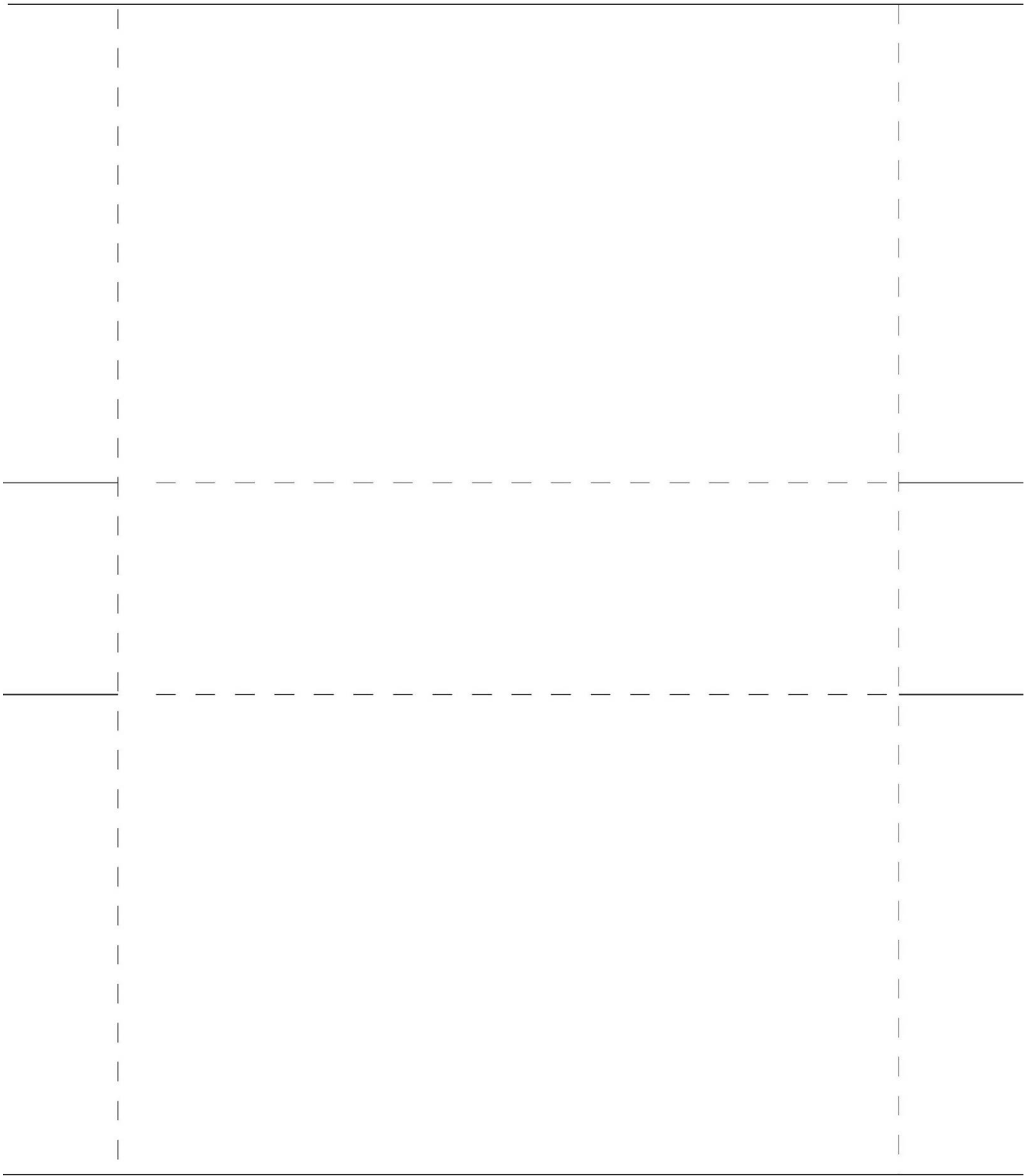
Dear God, Thank You for Your love for us. Help us to put You first. We know Jesus feeds our spirit. Show us ways to spend with You. In Jesus' name, Amen.

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OFFERING:

Our Children's Ministries offering from January to March will be going to our Compassion Kids! Lluvia and Ulises live in Mexico, and our offering will help provide them with clothes, school supplies, and other important items.

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