

Worship @ 10 am Sunday Mornings in-person at



Zion Reformed United Church of Christ
201 N Potomac Street
Hagerstown, MD 21740
www.ZionReformed.church

or virtually at <https://zionreformed.church/sermons>



Children's Church @ 10:15am Sunday Mornings

(In-person and Virtual Options Available)

To participate virtually, join us at <https://zoom.us/join> or by calling 301.715.8592, and when prompted, enter Meeting ID: **865 7471 1577** and Passcode: **YouthSS**. For more information: Contact Kim Ridenour at miskim@myactv.net or the Church Office at 301.739.7244, or visit <https://zionreformed.church/children>.

Hearing God's Word:

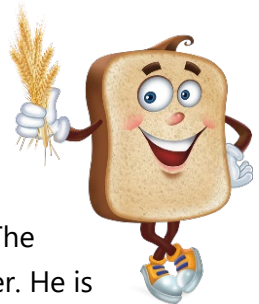


Today in church we will be exploring the what the bread of life is in John 6:35, 41-51. Other scriptures we will be thinking about at church this week include 2 Samuel 18:5-9, 15, 31-33, Psalm 130, and Ephesians 4:25-5:2.

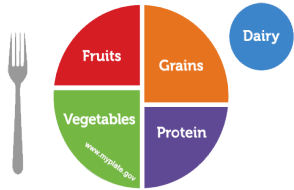
The Living Bread

(John 6:35, 41-51, *International Children's Bible*®, ©2015 by Tommy Nelson Inc)

Then Jesus said, "I am the bread that gives life. He who comes to me will never be hungry. He who believes in me will never be thirsty. The Jews began to complain about Jesus. They complained because he said, "I am the bread that comes down from heaven." The Jews said, "This is Jesus. We know his father and mother. He is only Joseph's son. How can he say, 'I came down from heaven?'" But Jesus answered, "Stop complaining to each other. The Father is the One who sent me. No one can come to me unless the Father draws him to me. And I will raise him up on the last day. It is written in the prophets, 'God will teach all the people.' Everyone who listens to the Father and learns from him comes to me. No one has seen the Father except the One who is from God. Only he has seen the Father. I tell you the truth. He who believes has eternal life. I am the bread that gives life. Your ancestors ate the manna in the desert. But still they died. Here is the bread that comes down from heaven. If anyone eats this bread, he will never die. I am the living bread that came down from heaven. If anyone eats this bread, he will live forever. This bread is my flesh. I will give my flesh so that the people in the world may have life."



Family Devotion:



Have you ever seen a food pyramid poster? The food pyramid, now known as *My Plate* was developed to help us know what kinds of foods we should eat to help us to grow strong, healthy bodies.

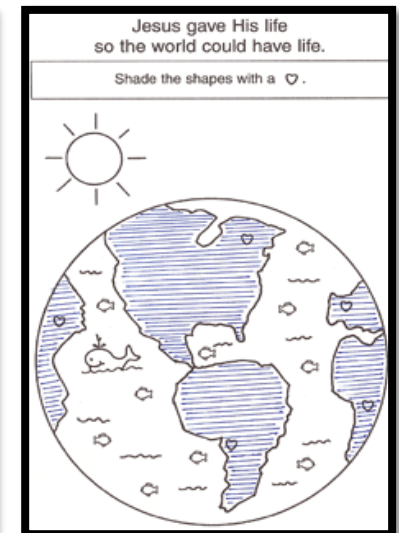
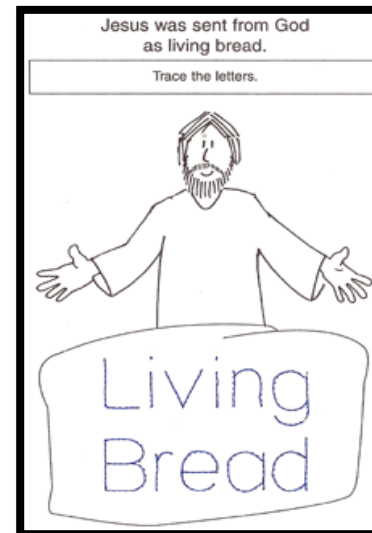
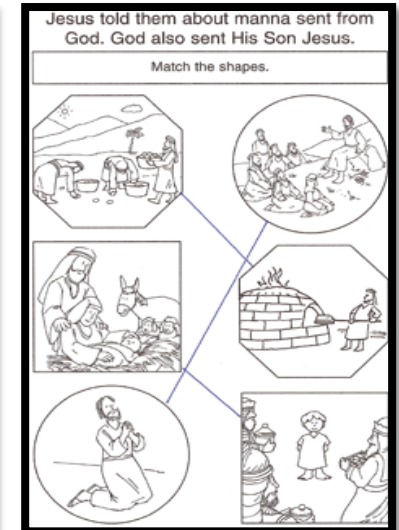
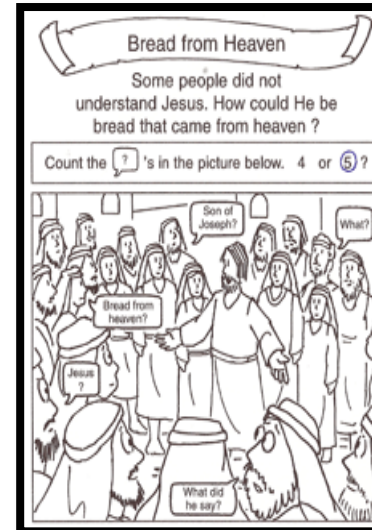
The picture shows all of the food groups. There are grains, vegetables, fruits, milk and dairy, meat, and fats and sweets. As you can see, the largest part of the pyramid is foods that we make from grain.

What are some foods we make from grain? Let's see, there is bread, cereal, muffins, tortillas, and a lot of other good things to eat. Most of the things we make from grain not only taste good, but they are good for us too. Bread has always been considered to be one of our most important foods. In fact, it has been called "the staff of life." Even way back in Bible times, bread was very important to life. Do you remember the time God provided bread for the Israelites when they were starving in the desert? Every morning God sent bread from heaven for the people to eat. I'm sure you also remember the time when Jesus fed a crowd of 5000 people with just five loaves of bread and two small fish. Do you remember when Jesus taught his disciples to pray? He taught them to say, "Give us this day our daily bread." Yes, bread is, and always has been, a very important part of life.

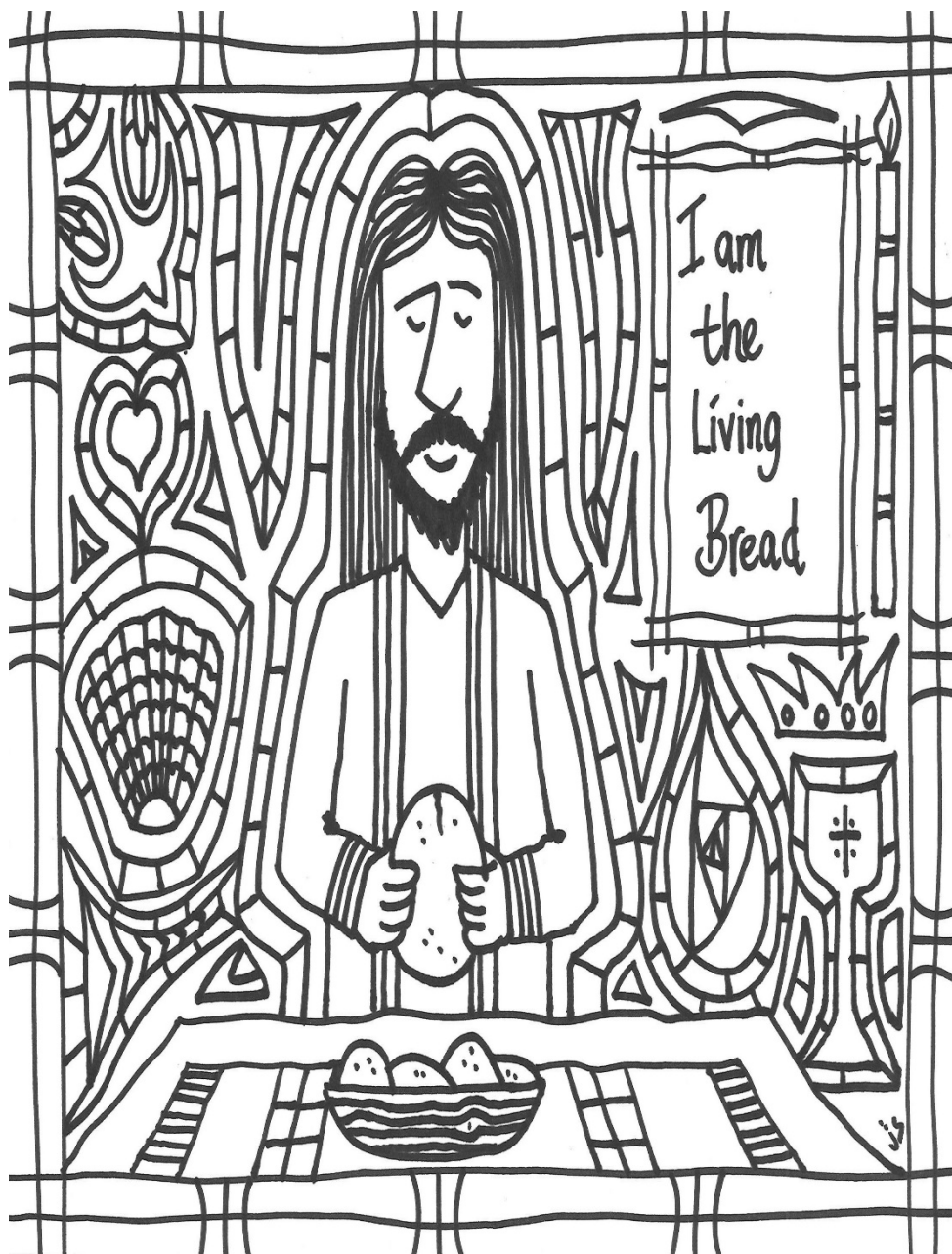
A loaf of bread won't last forever. It gets old and stale. Not only that, but when we eat it, we are satisfied for a little while and then we are hungry again. Even though Jesus knew that bread was very important to life, he wanted something more for his children. He wanted something that would last forever. One day, as he was teaching, Jesus said, "I am the bread of life. He who comes to me will never go hungry. I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever."

If we want to live, we need bread. If we want to live forever, we need Jesus -- the Bread of Life.

Answer Key:



Look up Food Pyramid and My Plate resources to learn more about nutrition at:
My Pyramid – www.fns.usda.gov/mypyramid
My Plate - www.myplate.gov



A Prayer to Say Together:

Loving God,

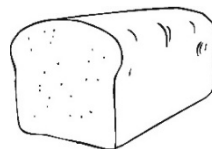
You set a banquet before us which offers bread from heaven. Thank you for the gift of your Son Jesus, who is the bread of life. Help us to accept your invitation to live in friendship with you forever. We pray that all will take and eat so that they may live forever. Amen.



Family Activities:

Here are some activities you can do together as a family and discussion ideas to explore God's Word together.

Bread Necklaces:



Draw, color and cut out a picture of a small loaf of bread. String elongated plastic beads onto a plastic string and add the bread picture and more beads to make a necklace, to remind you of today's lesson.

Puzzled Bread:


Print or draw a large loaf of bread with today's Verse of the Day (John 6:51). Then cut the bread into SLICES and have children try to put the puzzled bread back together and recite (or read) the verse. *Make a family contest to see who can complete it the quickest.

Sharing the Bread:

Gather the ingredients for everyone to make their own BREAD snack (rolls, butter, jelly, peanut butter, ham and cheese, etc) and share with one another what you each know about the bread of LIFE!

Bread from Heaven

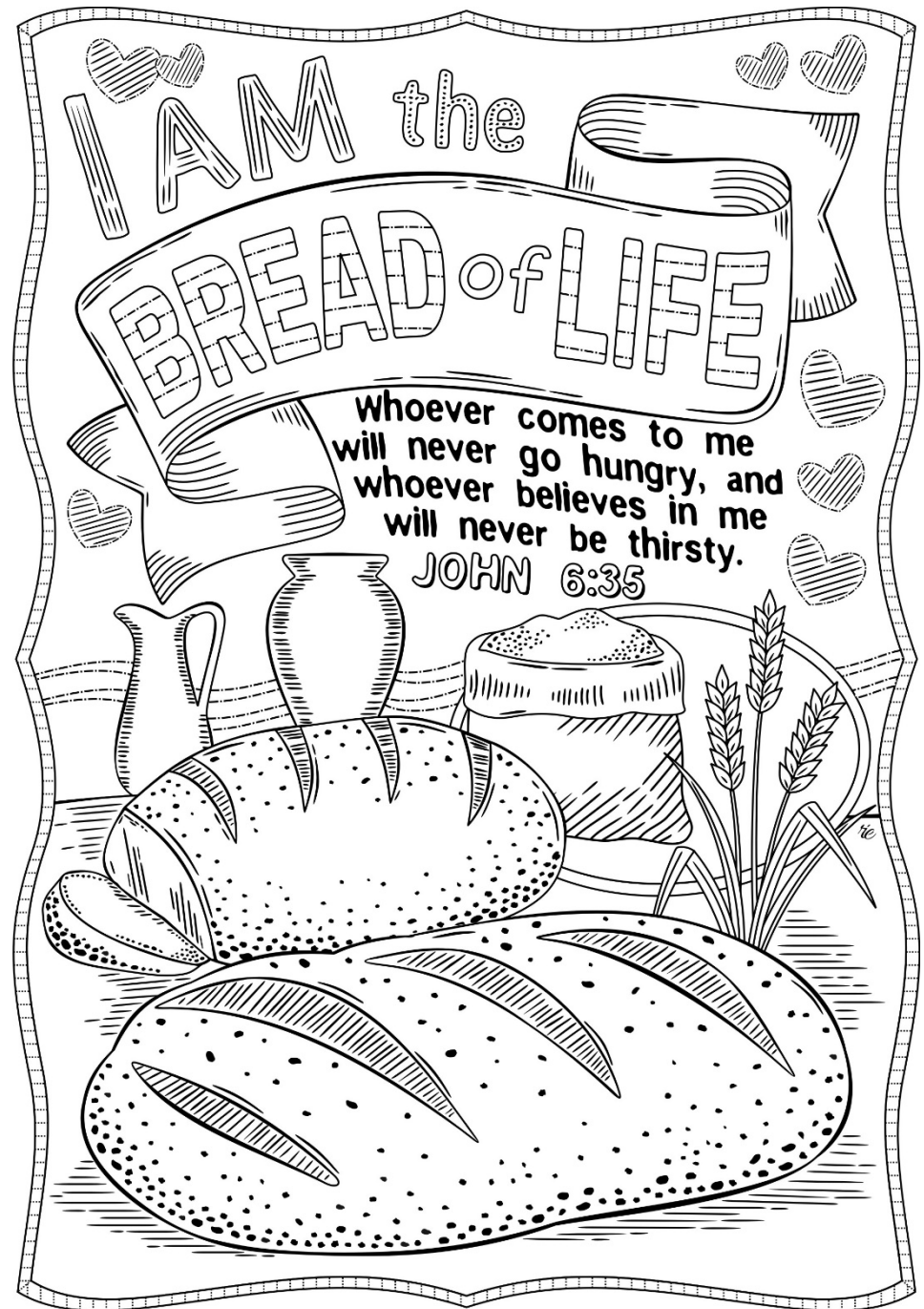
Some people did not understand Jesus. How could He be bread that came from heaven ?

Count the  's in the picture below. 4 or 5 ?



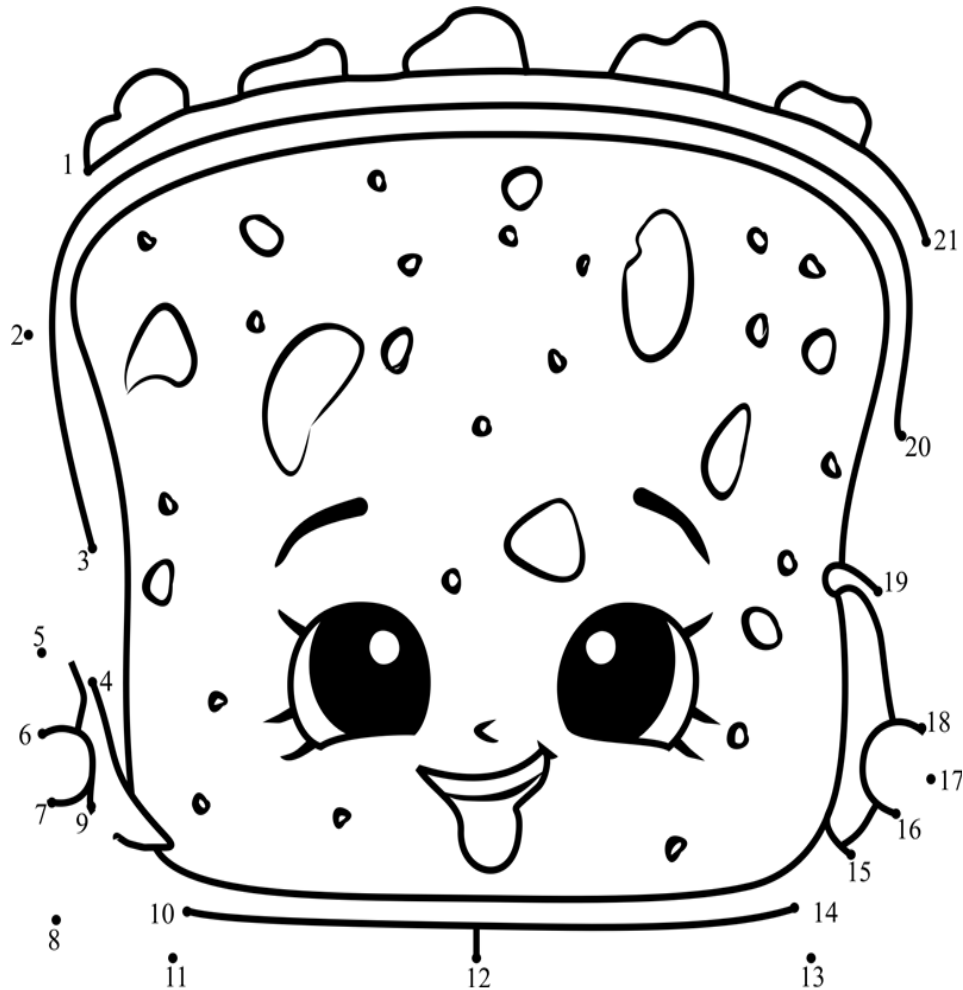
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I am the living bread that came down from heaven.
Whoever eats this bread will live forever. This bread is
my flesh, which I will give for the life of the world.”

(John 6:51, NIV)

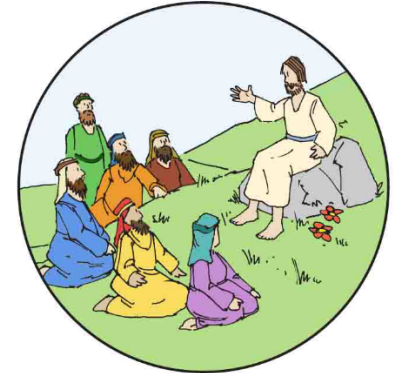


Verse of the Day

Image from www.connectthedots101.com, all rights reserved. Used with permission.

Jesus told them about manna sent from
God. God also sent His Son Jesus.

Match the shapes.



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Jesus was sent from God
as living bread.

Trace the letters.



Jesus gave His life
so the world could have life.

Shade the shapes with a ♡.

