

THE **BiBLE** MY FOOD FOR A NEW LIFE





The Bible: My Food for a New Life

Bible Lesson

Ezekiel's Vision

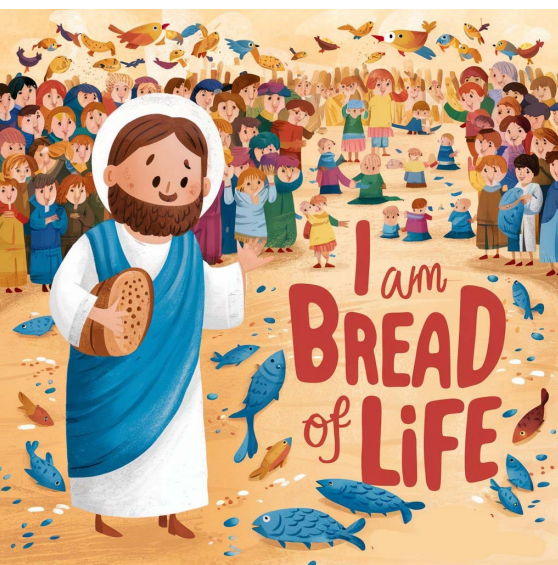
(Tell the children about the vision of Ezekiel and the dry bones in Ezek. 37:1-14). Explain: The word of God had made dry bones live! This was just a vision, but God wanted to teach Ezekiel and us that His word is powerful enough to do anything—even make the dead live again! God's word is powerful and it gives life.

Jairus' Daughter

Tell the story of Jairus' daughter being raised from the dead by Jesus (Mark chapter 5). Explain: The little girl got up and walked because Jesus is God's Son and His words are the words of God. God can do anything—He can even make dead people live again! He

Jesus Said: "I Am the Bread of Life"

In John chapter 6, Jesus was with a big crowd of people who were very hungry. They were far from any place to buy food. A little boy had five small loaves of bread and two tiny fish. Jesus took this small meal, said a thank you prayer, and started sharing it with everyone. Guess what? There was enough food for all 5,000



can make you live too.

Bread, Honey, & Milk

Bread: Bread is the one food a person could live on. It has most of the minerals and vitamins our bodies need. God's word can do the same thing for the "real you" inside—called your soul.

Honey: Read Psalm 119:103 and discuss it with the children.

Milk: Milk is probably the most important food there is. Read 1 Peter 2:2 and discuss it with the kids.

Snack: For an object lesson, consider having small pieces of bread for each child, some honey to taste, and some milk for them to drink while you teach the lesson.

people, with lots left over! This amazing miracle showed that Jesus could do things that are impossible for us, like making a little bit of food enough for everyone.

Power Point

God's Word is my food for a new life.

MEMORY VERSE
Matthew 4:4, "Man shall not live by bread alone, but by every word that proceeds from the mouth of God."

Later in John chapter 6 verse 34, Jesus said, "I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty."

When Jesus says he is the bread of life, he means that he wants to fill our empty hearts. Without Jesus, we would go hungry. We may have food in our bellies, but spiritually, we would have nothing without him. We could read our Bibles, pray, go to church, and serve others all we want, but all of that is pointless without Jesus. It's like pizza without the crust, spaghetti and meatballs without the spaghetti, biscuits and gravy without the biscuits! It's the bread that makes these foods so good. It is Jesus that makes going to church, praying, reading our Bibles, and serving others have any meaning.

When we believe that Jesus is God, come to earth to die in our place for our sins, he fills us up with the bread of life. He gives meaning to everything we do and lets us live forever in heaven with him! I love my biscuits, muffins and banana bread, but nothing will ever satisfy me like the Bread of Life, Jesus Christ.

Year 2—Quarter 1 The Bible

Game: Sandwich Relay

Make blocks for the game using old Jenga blocks, cut up sponges, or plastic cups. For each team, you will need two blocks labeled “bread,” and one block each labeled: “mayonnaise, mustard, lettuce, ham, turkey, cheese, tomatoes, pickles.” You may want to make an extra set or two, to ensure there are enough pieces for everyone.

To Play: Break the class up into teams of five or so. Place the sandwich blocks across the room, all mixed up in a pile. Explain to the class that they will be racing the other teams in a relay to see who can build their sandwich first. All of the sandwiches must be built in the same order: a bread block first, and then mayonnaise, mustard, lettuce, ham, turkey, cheese, tomatoes, pickles and then one more bread block on top. The first thing you need for a sandwich is a slice of bread. (Write “bread” on the board, near the bottom.) The first student to run in the relay will have to find a block labeled “bread” and bring it back to their group. They will place it on the ground or table at the end of their group’s line and then next person will run. The second runner in each group needs to get a block labeled “mayonnaise” and run back to stack it on top of the “bread” block. (Write “mayonnaise” on the board, above “bread.”) Students will continue to run in the relay, retrieving the correct ingredient for the sandwich and stacking it on top of the others. Students must get the blocks in the order written on the board. (Write all the ingredients on the board, stacked in a column from the bottom up.) Sandwiches may not be rearranged once the blocks are brought over. If a student realizes

that they have grabbed the wrong block, they must run it back and retrieve the correct block. The first group to correctly build their sandwich must all say together, “yum, yum!” while rubbing their bellies, to show that they have finished. Then they sit and wait for the other groups to finish, until every group has built a sandwich out of blocks and said “yum, yum!” as a group.

Variation: Instead of running in the relay, try having students crabwalk, bunny hop, walk backwards or tip toe to get the pieces. This adds an extra level of concentration and difficulty, as kids will want to run helter-skelter to be the fastest team.



Craft: Bread Magnets

Before Class: Make air dry clay by whisking 2 cups of baking soda, 1 cup corn starch and 1 ½ Cups cold water together in a saucepan. Cook over medium highheat, stirring constantly with a spoon. The mixture will start to bubble and start to stick together. Soon, it will look like mashed potatoes. At this point, transfer the clay to a bowl and cover with a damp towel to cool.

Once cool, knead until it’s smooth. Pass out a couple of tablespoons of clay to each student. Have them shape their clay into a bread shape. (Either a slice of

bread, a muffin, whatever recognizable bread shape they want. Be sure they are two dimensional)

Have them shape and mold their bread model over a craft magnet, leaving one flat side exposed. Let the pieces air dry for at least two days, then they can be painted or colored with permanent markers. Encourage children to write “Jesus is the bread of life” on their pieces. Once the pieces dry, it may help to glue the magnet to the back using any sort of craft glue.

Year 2—Quarter 1 Bible

Jesus, Like Bread, is My Source of Life

Jesus Meets Nicodemus: Once, a man named Nicodemus went to see Jesus at night. Nicodemus was a very important teacher, and he had heard about the amazing things Jesus was doing. He said to Jesus, "We know you come from God because of the miracles you do."

Jesus told Nicodemus something very special. He said that if someone wants to be part of God's big family, they need to be born again. This didn't mean becoming a baby again! It was like starting fresh, with a new heart that loves God. Jesus explained that this new birth comes from the Holy Spirit.

Nicodemus was confused, so Jesus helped him understand. He said it's like the wind—you can't see it,

but you can feel it and know it's there. Jesus wanted Nicodemus to know that God loves everyone so much, He sent Jesus to help us all be born again and be with God forever.

The Bible is our source for New Life in Christ Jesus. The Bible tells us we were all born sinners, but it also tells us that because of Jesus Christ, and what He did for us on the cross, we can have a new life free from sin. In 2 Corinthians 5:17 it says "Therefore, if anyone is in Christ, he is a new creation, the old has gone, the new has come."

Food Theme Games

Happy Meal Relay

Divide the audience into five teams (four or five in a team). This is a relay race with each person running up to a table, eating one of the items in the happy meal, and then running back and tagging the next person in line on their team.

One person eats the burger. One eats the fries, one the drink, and finally, one opens the toy. The first team to do all this and come back across the finish line wins.

Jelly Bean Roll

You'll need a bag of jelly beans.

- On one side of the room, have the children kneel side by side in a line. Place a jelly bean in front of each child.

- Say: When I say "go," roll your jelly bean across the room using only your nose. Remember, you can't touch the jelly bean with your hands. Ready? Go!

- Allow kids several minutes to roll their jelly beans.
- Then say: Let's roll our jelly beans back to our lesson where I'll trade a clean, yummy jelly bean for your dirty one.

Game: Peanut Butter

- Say: It's time for the Peanut Butter Game! When I say "go," hop around the room. Whenever I say, "peanut butter," stick to the people closest to you no matter how many there are. Then, when I say "jelly," unstick yourselves and hop around the room again. Ready? Go!

- Play four or five rounds.

Then say: Let's sit down now so we can stick to our lesson.



