



WEEK 1: I am the Bread of Life

Do these activities in the week beginning 12th Feb. Use the QR code to watch the video released on 14th Feb (or head to www.cc3m.co.uk/lent-week-1)



Week 1 Video

FIND OUT OR TALK ABOUT:

What is your favourite food? Why is food important?

READ TOGETHER: *John 6:5-13; 35*

When Jesus looked up and saw a great crowd coming toward him, he said to Philip, "Where shall we buy bread for these people to eat?" He asked this only to test him, for he already had in mind what he was going to do.

Philip answered him, "It would take more than half a year's wages to buy enough bread for each one to have a bite!"

Another of his disciples, Andrew, Simon Peter's brother, spoke up, "Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?"

Jesus said, "Have the people sit down." There was plenty of grass in that place, and they sat down about five thousand men were there. Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish.

When they had all had enough to eat, he said to his disciples, "Gather the pieces that are left over. Let nothing be wasted." So they gathered them and filled twelve baskets with the pieces of the five barley loaves left over by those who had eaten.

Then Jesus declared, "**I am the bread of life.** Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.

USING YOUR PACK

Baking Bread!

Jesus performed a miracle to feed 5000 people with five loaves and two fish. Then he said 'I am the Bread of Life' and whoever comes to him will never be hungry! Jesus was showing how he can sustain us and help us when we are in need. Can you follow the instructions in your week 1 pack to bake some bread?

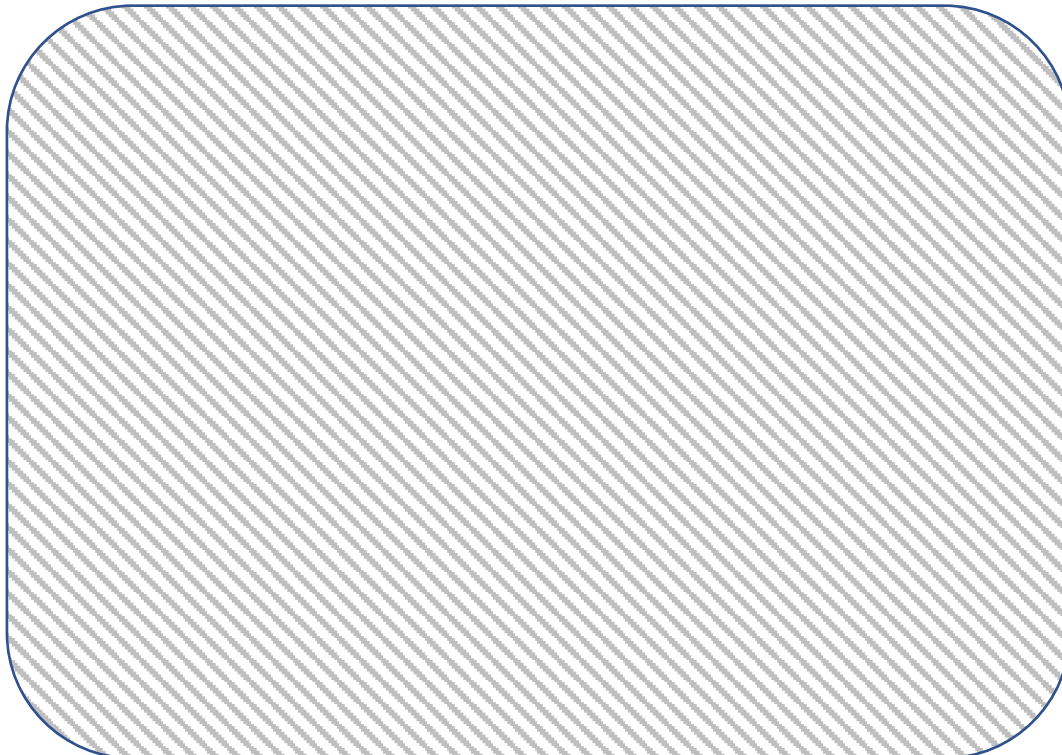
GET
CREATIVE!

TAKE THE
CHALLENGE!

FEEDING YOUR FRIENDS

Once you have baked your bread, think about how you might share it with those around you. How many friends and family can you share your bread between?

STICK YOUR WEEK 1 CHALLENGE HERE AND COMPLETE IT



THINK/DISCUSS:

JESUS HELPS THOSE IN NEED

When might we be in need like the crowd were in the story?
How can we ask God to help us in those times? How might we help those around us who are in need?

PRAY:

GOD, Thank you that you used the loaves and fish from the boy to feed so many people. Thank you that you also can help us when we are in need. Help us to see when others are in need. Amen