

I AM... THE BREAD OF LIFE

UNDER 9'S

I wonder...what your favorite food is?



Activity: Make your favorite sandwich in paper.

Story: 'Jesus feeds people.' (with sticker puppets)
You can watch it here.

'A long time ago, Jesus was teaching a lot of people... (point to your family/listeners, then stick on the Jesus puppet). They had been listening to Jesus all day so they were starting to feel hungry.'

Jesus' friends said, "send them home - we do not have food to give them" (Stick Jesus' friend on your other hand). Jesus looked at the hungry people and came up with an idea. "Bring me any food you can find" (Stick on the little boy, the loaves and the fishes). A little boy had five pieces of bread and two tiny fish. He gave it all to Jesus.

Five pieces of bread and two fish did not look like enough for all those people to share. Jesus gave thanks to God and then his friends began to give out the food. And the people began to eat, and come back for more...and more. Everyone ate and their tummies were full...and there was still food left over.'

I wonder...

- ...what you like best about this story?
- ...what it feels like when someone gives you something you need?

9 AND OVER

I wonder if you eat one of these?



Or even Rhino beetle? [Watch the video here](#)

Whatever food we really like - or find disgusting- we need to eat everyday! Food usually tastes yummy and when we've eaten we feel full and satisfied.

Read the Bible Passage. Jesus turns a little boy's lunch into so much more in this incredible story. Later, he tells his disciples that they must also hunger for God. He says he is like bread - 'I am the bread of life'. He gives us a life that really nourishes and really satisfies - if only we can taste it.

I wonder...

- ...if you feel satisfied in your life?
- ...how Jesus feeds us

Whaaat how can that be true?

Professor Colin Humphreys says that scientists can believe in miracles. "Science investigates what nature does ordinarily. Very occasionally, at certain points in space and time, God chooses to operate the laws of nature differently. What this means is that God is able to work outside the usual laws of nature if He feels it appropriate. God only does this in very unusual and special situations, when he has something really important to tell us. <http://www.neverofftopic.com/>"



PRAY

Jesus said "I am the bread of life". He loves to help us when we're in need. So if you're hungry, when you're scared, sad, or just need a friend, you can always talk with Jesus. He's always there, he always loves us, no matter what.

Prayer: Write your prayer on the bread -shaped paper.

I AM... THE LIGHT OF THE WORLD

UNDER 9'S

Try putting out all the lights and closing the curtains. What does it feel like to be in the dark? Have fun with your glow stick :) See how the darkness disappears when the light goes on?

Story: The man who would not be quiet.

Don't forget to join in with the noises!

Bartimaeus was sad. He could not see. His eyes did not work. But he could hear. Stomp, stamp, clomp, tramp! Lots of feet. And lots of voices. Jesus was coming! Jesus!?

Bartimaeus opened his mouth as big and wide as he could and shouted. VERY LOUDLY Jesus! The best King EVER! The one God said was coming! Help me!"Shhhhhh" "BE quiet!" "Too loud!" "Not you!" everyone said. But Bartimaeus was not quiet! He opened his mouth even wider and shouted EVEN LOUDER. And - stomp, stamp, clomp...stop!

Jesus stopped...and called Bartimaeus!"What do you want me to do?" he said. "I want to see!" said Bartimaeus. "You're all better!" Jesus said, " You believed in me, and now you can see!"

Bartimaeus saw something no one else could see... The king GOD said was coming...had come! The King God sent to make things better... not just eyes. That was something worth shouting about!

I wonder...

- How Bartimaeus feels now?
- What difference being able to see might make to Bartimaeus?

9 AND OVER

Biggest star quiz

- How many times could our planet Earth fit inside the sun?
- The sun is almost a perfect sphere. True or false?
- How long does it take for light to reach Earth from the sun?
- Our solar system could survive without the sun. True or False?

Answers: 1. Over a million 2. True 3. 8 minutes 4. False

Look at these incredible, up-close, moving pictures of the sun

Read the Bible passage

Jesus is comparing himself to light. Why do we need light?

The sun is the source of all heat and light energy. Without it plants can't grow and animals wouldn't have anything to eat - all our food is derived from the energy that comes from the sun. Light also gives us information about our environment. Without it we couldn't see. Direct sunlight is vital for our health and happiness. If a person stays in complete darkness they will most probably get ill.

When Jesus says 'I am the light', he is really saying 'I am the source of your life. I am the way you understand the meaning of life and know God.'

I wonder what you think about that...



PRAY

Take a light (torch/candle) outside when it's dark. When you shine a light into the darkness it just goes on and on traveling indefinitely through space. You may want to thank and praise Jesus for who he is and the life that he can give you.

ACTIVITY

Make a light switch cover to remind you that Jesus is the light.

I AM... THE GOOD SHEPHERD



UNDER 9'S

Sheep are some of the silliest animals! When they get lost they start to panic and because they have little sense of direction they can get themselves into a dangerous spot.

Jesus says we are like sheep and he is like the shepherd, who cares about his sheep, he really, really loves us... each and every one of us.

How about you make a little sheep now as you listen to this Psalm?

God is my Shepherd
And I am his little lamb.
He feeds me
He guides me
He looks after me.
I have everything I need.
Inside, my heart is very quiet.
As quiet as lying still in soft green grass.
In a meadow
By a little stream.
Even when I walk through
The dark, scary, lonely places
I won't be afraid
Because my Shepherd knows where I am.
He is here with me
He keeps me safe
He rescues me
He makes me strong and brave.

Watch this story about a sheep called Dave...

I wonder...

- what you like best about the Good Shepherd?
- if you have ever been in a scary, lonely place?
- If you have ever felt loved and safe?

9 AND OVER

Pets pets pets!

Do you have a pet animal or know someone who keeps an animal? I wonder what's special about that pet? Look at these pets that made it into the guinness book of records.

- What do you have to do to look after a pet?
- I wonder how you might feel about your pet?

Read the bible passage

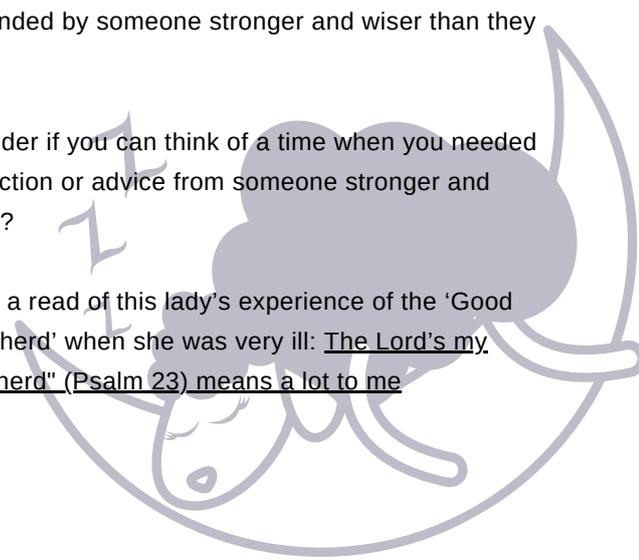
How does the good shepherd look after his sheep? You could also look at Psalm 23.

Jesus is saying that he is like a good shepherd, who protects and cares for his sheep, even risking his own life for them - which goes way beyond the normal job description!

We might think that we are strong, independent and powerful, confidently able to make up our own minds and go our own way. There's nothing wrong with that, if we have that sort of character. But sheep need to be tended by someone stronger and wiser than they are.

I wonder if you can think of a time when you needed protection or advice from someone stronger and wiser?

Have a read of this lady's experience of the 'Good Shepherd' when she was very ill: The Lord's my shepherd" (Psalm 23) means a lot to me



PRAY

How about you spend a few moments in quiet, listening to what the Good Shepherd has to say to you today?

Activity: Play 'Don't eat the Lost Sheep' Play with the sheep you made.

I AM... THE WAY THE TRUTH AND THE LIFE

UNDER 9'S

I wonder if you have ever got lost someplace? How did you feel? Was anyone with you? I wonder how you found out the way to go?

Jesus says 'I am the way'. Jesus is the way to know the truth about who God is; the way to live a life close to God every day from now... until forever!

In our story the God was close to his people, guiding them in a couple of unusual ways - can you watch or read the story and find out what they are?

- Exodus 13:21 &22

- <https://www.youtube.com/watch?v=lzN1jjiFnIA>

I wonder...

- What you would have liked about following a pillar of fire or cloud?
- If you know people who guide you...at school/ home/ church?
- What you like best about being close to God?

Activity:

Draw a map of where you stay on the treasure map in your pack. Ask someone to hide a treasure in your home and mark the spot with an X on your map. Now you're ready to find the way to the treasure!



9 AND OVER

Can you identify these objects?



How would you find your way in the wild without a compass? Watch this clip to find out more

<https://www.youtube.com/watch?v=h7RKlaQVeLg>

Read the bible verse

Jesus means that he is *the way* to God. Its like having a compass or a map when we are lost. Jesus is the only person who can help us navigate life on planet earth and find our connection with our Creator. More than that, he promises never to leave us so we can look forward to living forever with him, even after we die.

When we are close to Jesus we can talk to him about any difficult situation and he will not only be there with us, but he will show us the best way through the challenges that we face.

I wonder...

- if knowing Jesus has helped you get a way though a tricky or difficult situation - what happened?
- how we can stay close to Jesus?
- Look up these verses to find out more...

John 16:12

John 15:4

Activity: Crossword 'I am the way'



PRAY

Dear God, Thank you that we can come close to you at any time. Thank you Jesus that you are us the way, like a map that helps us know God. Whenever we feel lost we can trust in you totally to to lead us safely and wisely. Thank you that knowing you is the best way to have a full life now and forever.

I AM... THE RESURRECTION AND THE LIFE

CHS CHILDRENS CHURCH

JOHN 11:25

UNDER 9'S



Can you describe what is happening in this picture?

Watch/read the story from John 11:1-44:

<https://www.youtube.com/watch?v=bFPZsaf0GOM>

I wonder...

- what made the sisters happy in this story?
- are there any goodbyes you want to think about/talk about?

Jesus has power to bring the dead back to life! We call this 'resurrection' - a bit like the change we see in a caterpillar becoming a butterfly!

Knowing about the change Jesus can bring and his power to bring life is what makes living as a Christian so special.

Activity:

Make Lazarus with the bandage around him and tell the story using the paper cup as a tomb.

9 AND OVER

- What's your best scene from your favorite superhero video?H
- How do the good guys get around the bad guys?

<https://www.youtube.com/watch?v=dLmPcdGa3II>



Read the bible verses John 11:1-44

The resurrection shows us that suffering does not last forever. The raising of Lazarus from the dead shows us that even death is not too big an enemy for God.

In the end, good triumphs over evil! And this is the hope for our world.

Christians believe in life after death. But they also believe in life before death. We do experience pain and loss now, but we can ask God to bring life from these difficult situations...

..."the God who gives life to the dead and calls things that are not, as though they were." Romans 4:17b

I wonder...

- What situation feels hopeless to you right now?
- Was there ever a time when things became better after a bad situation?
- What can you thank God for today?



PRAY

Dear God, Thank you for your power to change things.

Even to make the dead come to life! Help me to trust you for miracles in my life.

Thank you that you can bring hope and healing and life. Amen.