

Eleanor Delpont

MANNA

MANNA! DAILY BREAD

1

INTRO

What do we use bread for?

If you only lived off bread, how often would you need it?

Jesus said "I am the bread of life". We are going to take a few weeks to investigate what He meant by that. Our first clue comes from the story of Moses

STORY

Very early on in the Bible, God's people need rescuing from slavery in Egypt. God performs many miracles to get them out of Egypt. Then He leads them through a desert towards the land He had promised their forefather, Abraham, with Moses as His prophet.

Read/Act out Exodus 16:1-31

YOUNGER CHILDREN DISCUSSION

What did the people do when they didn't have any food?

What did God do about it?

How often were the Israelites supposed to collect the manna?

What does that show you about God?

God can give us what we need to live every day.

OLDER CHILDREN DISCUSSION

Where is the story taking place?

When is it? (What's just happened? What is about to happen...between Egypt and Promised land)

Who were being led through the wilderness and why were they there?

How did the people feel about being in a desert wilderness?

How did God respond?

Do you think the people deserved bread?

How often did they need to collect the Manna?

What does this show us about what God is like?

Read Deuteronomy 8:1-3

What do you think God was trying to teach His people, before they entered the Promised Land?

GAME – Hunt for manna/What is it?/Manna rush

MEMORY VERSE – John 6v51a "I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever."

CRAFT – Decorate a prayer journal (4 options provided)/Basket and manna

PRAYER - Jesus taught His disciples to pray to our Father in Heaven for our "daily bread". We can ask God for everything we need for each day of our lives. What things do you need today? Ask God for them and thank God for providing them.

CHALLENGE

Every morning this week, try to think of one thing you will need that day and ask God for it. Jot it down in your prayer journal. In the evening, make a note of what happened.

1

HUNT FOR MANNA

You will need:

Chopsticks and spoons, cups, craft pompoms or cornflakes, large mat

1. Spread the mat on the floor and sprinkle the pompoms/cornflakes onto the mat
2. The children are in teams and each team has a cup
3. The children have to use either chopsticks or spoons to try and collect the pompoms/cereal without using their hands and fill up their team's cup as fast as they can

1

“MANNA!” ... “WHAT IS IT?”

You will need:

Playdough or modelling clay, list of items to model

1. Divide the children into two teams with a small amount of playdough each
2. One player from each team goes to the leader who holds the list of items and the leader whispers to them the first one
3. They run back to their teams and model the item out of playdough without talking, while the other players try and guess
4. First team to guess the item gets one point

Suggested themed list:

*Bible
Bread
Pyramid
Cactus
Palm tree
Bird*

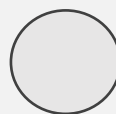
1

MANNA RUSH

You will need:

3 buckets, EITHER beanbags, small pieces of paper or ball-pit balls

1. Divide the children into two teams with a bucket at each team base at opposite ends of the room
2. Put the beanbags/balls/pieces of paper in the third bucket in the middle of the room
3. In a relay, with one person running from each team at a time, the children can choose to run to the middle bucket to gather a ball or to the opposing teams bucket to collect a ball and return it to their own bucket
4. If ages are reasonably well matched (i.e. no tiny children will get bowled over by big children!) then you could have a defender or two at the teams bases. Otherwise have no defenders, but it will be more costly to still a ball from the opposing team because of the distance.
5. Count how many balls each team has collected at the end



PRAYER JOURNAL

Father God, thank you that You provide my daily bread. Today I need...

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Make a note of what happened...

PRAYER JOURNAL

Father God, thank you that You provide my daily bread. Today I need...

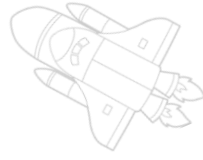
MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



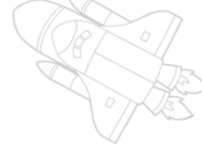
SATURDAY



SUNDAY



Make a note of what happened...



PRAYER JOURNAL

Father God, thank you that You provide my daily bread. Today I need...

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



Make a note of what happened...



PRAYER JOURNAL

Father God, thank you that You provide my daily bread. Today I need...



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



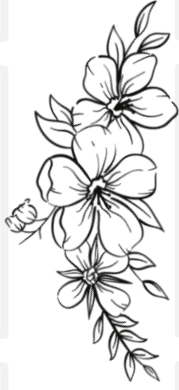
SATURDAY



SUNDAY



Make a note of what happened...



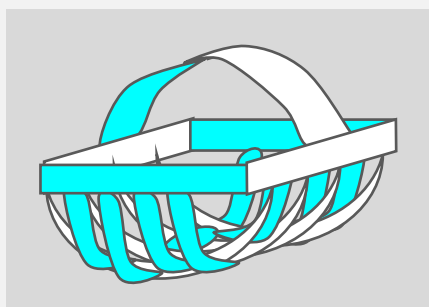
1

BASKET AND MANNA

You will need:

Strips of paper about 1cm and 2cm thick about 20cm long, cornflakes or other suitable cereal, glue

1. Stick one 2cm thick strip of paper in a circle to make a ring and gently squeeze 4 corners to make the ring more of a square. This will be the top of your basket
2. Stick the ends of four 1cm thick pieces of paper on to a side of the square. Bend them underneath the square in an arch and stick them to the opposite side of the square. This is part of the base of the basket.
3. Take four more strips of 1cm thick paper and stick them on one of the other sides of the square
4. Weave these strips between the 4 already glued on to make a basket and stick the ends to the opposite side
5. Add a handle
6. Fill with cornflakes to be the manna





Eleanor Delpont

ELIJAH AND THE WIDOW

INTRO

What is your favourite kind of bread?

We are investigating what Jesus meant when He said "I am the bread of life". Last week we looked at how God sent Manna to the Israelites in the wilderness and God provided for His people every day.

Invite the kids to share anything they put in their prayer journal from last week.

This week our clue about what the Bread of Life is comes from the story of the prophet Elijah.

STORY

This story happens after Moses, after King David and after the kingdom of Israel split into the kingdoms of Israel and Judah. There were many bad kings that ruled in Israel. God sent His prophets to warn them to turn back to God. King Ahab was on the throne when Elijah was alive. Elijah was God's prophet and warned King Ahab to stop worshipping false gods called Baals, but he wouldn't listen. So, Elijah prayed that it would not rain and it did not rain in Israel. There was famine.

Read/Act out 1 Kings 17:8-16

YOUNGER CHILDREN DISCUSSION

Who did God send Elijah to?

Did the widow have lots of food?

What did Elijah say to her?

Did the widow believe Elijah's words?

What happened?

The widow believed the words God had spoken through Elijah and God provided and kept on providing for her, her family and Elijah!

OLDER CHILDREN

Where is the story set?

When is the story happening? (What happened before this/after this? Elijah had prayed for no rain, so that King Ahab would repent, but the King refused. God will send rain again when Elijah prays for it)

Who did God send Elijah to? How do you think she was feeling?

What did Elijah say to the widow?

What did the widow do?

What did God do?

What does this show us about God?

The widow believed the words God had spoken through Elijah and God provided and kept on providing for her, her family and Elijah!

GAME – Pick up people/Never-ending ball game

MEMORY VERSE – John 6v51a "I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever"

CRAFT – Decorate your Bible journal/Dough story scene

PRAYER – Thank God for speaking to us. Ask God to help you believe His words and to understand the Bible.

CHALLENGE

This week, ask God to speak to you through His Bible. Read a story and ask the Holy Spirit to help you understand it. Write down your thoughts on it or something that God showed you through it.

2

PICK UP PEOPLE

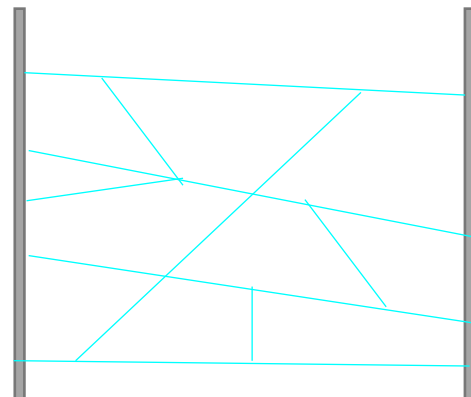
Elijah met the widow picking up sticks. This game picks up people instead!

You will need:

String and two vertical supports to attach the string between (Could use trees, a coat rail, two microphone stands as the vertical supports for example)

1. Tie string between the vertical supports to create a series of irregular large holes
2. As a team, get all the children from one side through to the other, without touching the string and without using the same hole twice. I.e. one child posted through one hole and the next child posted through a different hole. If the children find it too difficult, allow them to touch the string.

Note: the children will have to plan who goes through which hole, taking into account who is light and easy to lift and who is not. Be mindful of the children's height and strength when you set up the holes and have adults ready to support them, if they need it! If you have lots of children, divide into groups to give it a try. Time the groups to make it competitive if you wish.



2

NEVER ENDING BALL GAME

The widows oil went on and on and on until the rains came.

You will need:
One ball

1. Arrange the children in a circle
2. Pass the ball around the circle as many times as you can without dropping it
3. Count how many passes you make and see if you can beat your score on the next turn

2

DOUGH STORY SCENE

The Lord gave the widow flour and oil for dough.

You will need:

Playdough or modelling clay, paper plates

1. Have a go at making a story scene out of playdough or modelling clay and arrange it on a paper plate to take home

For example, you could make Elijah, a widow and her boy, a jar, a jug and some bread.



BIBLE JOURNAL

Father God, thank you that Your words bring life. Please help me to understand the Bible. Amen

Today I read a story about...



I learnt that...



Today I read a story about...



I learnt that...

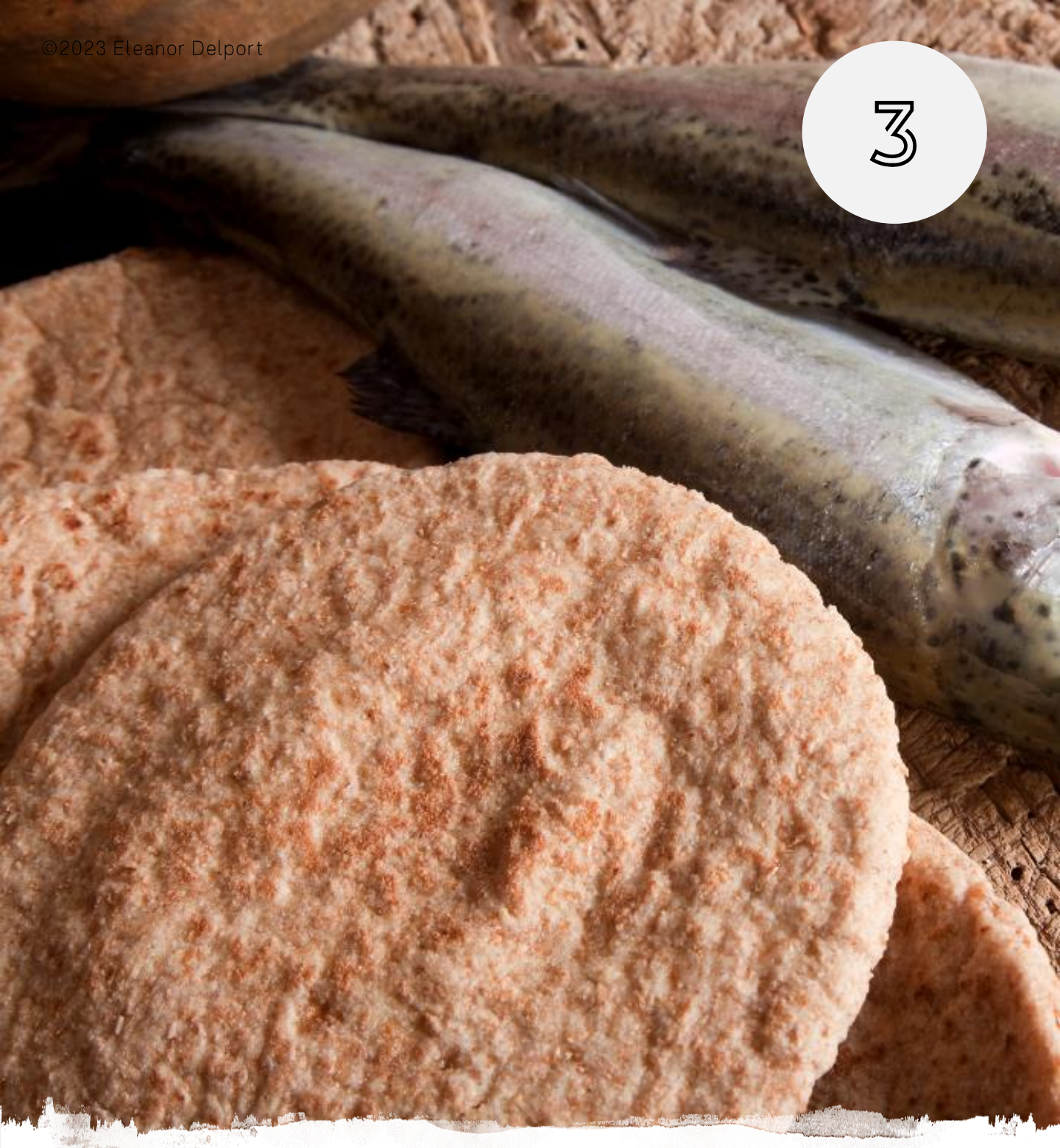


Today I read a story about...



I learnt that...





Eleanor Delpont

JESUS FEEDS 5000

FEEDING OF THE 5000

3

INTRO

What do we use bread for?

We are investigating what Jesus meant when He said "I am the bread of life". We learnt that God provided for His people with Moses and the manna by giving them what they needed everyday, even in a desert. Last week we looked at Elijah and the widow. The widow who was almost out of food, believed the words of God and her food did not run out!

Invite the kids to share anything they put in their Bible journal from last week.

This week our clue about what the Bread of Life is comes from the story of the feeding of the 5000.

STORY

This story happens after Moses, after King David, Elijah and the prophets. Jesus walked about Israel and the surrounding lands, teaching people about the Kingdom of God and showing people the power of God.

Read/Act out John 6:1-14

YOUNGER CHILDREN

DISCUSSION

What was Jesus doing at the start of the story?

What problem did the disciples spot?

Who brought Jesus some food to share?

What happened next?

What does this show us about God?

Jesus provides abundantly! (Check kids know what abundantly means)

OLDER CHILDREN

Where did this story take place?

When was it? (Which festival was about to happen?)

Who do you think would have been in the crowd?

What was the problem?

Who brought Jesus some food?

What happened next?

What does this teach us about God?

Jesus provides abundantly! (Check kids know what abundantly means)

Think about Deuteronomy 8:3 and what we have learnt about God's words being bread to us. How were God's words and food connected in this story?

GAME - Flap the kipper

MEMORY VERSE - John 6v51a "I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever."

CRAFT - Word search/Thanksgiving journal

PRAYER - Thanksgiving

Think about the many things God gives us. Give thanks for His abundant provision for us.

CHALLENGE

This week, see how many things you can give thanks for each day and note or draw some of these things in your thanksgiving journal

3

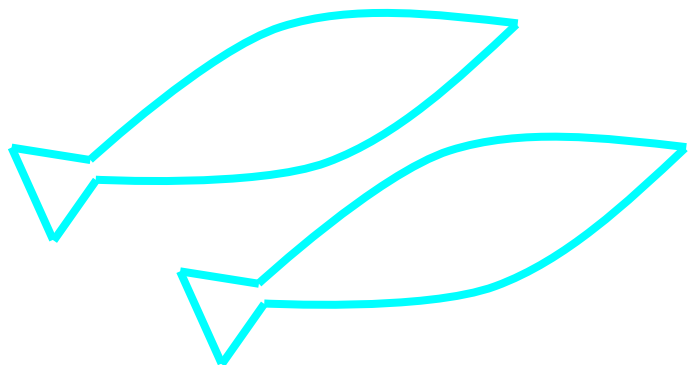
FLAP THE KIPPER

The boy offered Jesus 5 loaves of bread and two fish and that was all Jesus needed to feed several thousand people!

You will need:

Two A4 or bigger sheets of paper cut into the shape of two fish, two baking trays/flexible chopping board or similarly shaped objects

1. Line two teams up with half the team on one side of the room and half on the other
2. The first player from each team uses the baking tray to flap air at the paper fish and flap it towards the other end of the room where a team mate will be waiting
3. They hand the baking tray to the next player who flaps the fish back across the room to the other half of the team
4. Continue the relay in this manner, trying not to touch the fish, until all members of the team have flapped the fish across the room. The fastest team wins



3

FEEDING OF THE 5000

h	i	v	i	b	h	u	n	g	r	y	j
s	e	s	m	t	s	d	g	r	a	s	s
i	v	a	e	h	l	a	s	y	m	o	t
f	l	t	n	g	k	b	e	v	e	f	b
n	e	i	i	n	t	u	l	v	v	d	a
e	w	s	w	i	w	n	p	x	i	n	s
r	t	f	o	h	o	d	i	n	f	a	k
d	r	i	m	c	c	a	c	d	j	s	e
l	w	e	e	a	r	n	s	a	l	u	t
i	k	d	n	e	q	c	i	e	r	o	s
h	s	a	h	r	g	e	d	r	c	h	n
c	p	n	i	p	b	w	s	b	x	t	v

- | | |
|-----------|--------|
| disciples | hungry |
| preaching | bread |
| abundance | women |
| satisfied | grass |
| thousand | five |
| children | fish |
| baskets | two |
| twelve | men |

THANKSGIVING JOURNAL

Father God, you give us so many wonderful things! Thank you for...



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



THANKSGIVING JOURNAL

Father God, you give us so many wonderful things! Thank you for...

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY





Eleanor Delpont

JESUS IS THE LIVING BREAD

LIVING BREAD



INTRO

How long do you think bread stays fresh for? Jesus says He has bread that never goes mouldy!

So far in our investigation into what Jesus means when He says "I am the bread of life", we discovered that God sent food from Heaven every day to keep His people alive in a wilderness in the time of Moses, God made a widow's flour and oil never run out during a famine in response to the widow believing Elijah's words and Jesus fed thousands by multiplying a boy's lunch, while He taught about the kingdom of God.

Invite children to share how they used their thanksgiving journals from last week.

STORY

This story happens just after Jesus fed the 5000 and went in a boat to the other side of Lake Galilee. It is around the time of Passover

Read/Act out John 6:22-29, 47-51, 66-69 (Scripture verses provided)

YOUNGER CHILDREN DISCUSSION

Who came looking for Jesus and why?

What bread did Jesus say He could give them?

What would this bread do for them?

What did Jesus mean by "I am the living bread that came down from Heaven" and how can we receive this bread?

OLDER CHILDREN

Who came looking for Jesus and why?

What bread did Jesus say He could give them?

What would this bread do for them?

What did Jesus mean by "I am the living bread that came down from Heaven" and how can we receive this bread?

Many people found this teaching too difficult to accept and they left Jesus, but the twelve stayed with Jesus. Why did they stay?

GAME – Bread of life ball game

MEMORY VERSE – John 6v51a "I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever."

CRAFT – Memory verse/word search

PRAYER – Bread and Wine

Share the bread and wine (juice) together, giving thanks for Jesus' body which was broken for us and His blood which was shed for us so that we would have life

JESUS, THE BREAD OF LIFE

JOHN 6:22-29, 47-51, 66-69

(INTERNATIONAL CHILDREN'S BIBLE)

²² The next day came. Some people had stayed on the other side of the lake. They knew that Jesus had not gone in the boat with his followers but that they had left without him. And they knew that only one boat had been there. ²³ But then some boats came from Tiberias. They landed near the place where the people had eaten the bread after the Lord had given thanks. ²⁴ The people saw that Jesus and his followers were not there now. So they got into boats and went to Capernaum. They wanted to find Jesus.

²⁵ The people found Jesus on the other side of the lake. They asked him, "Teacher, when did you come here?"

²⁶ Jesus answered, "Are you looking for me because you saw me do miracles? No! I tell you the truth. You are looking for me because you ate the bread and were satisfied. ²⁷ Earthly food spoils and ruins. So don't work to get that kind of food. But work to get the food that stays good always and gives you eternal life. The Son of Man will give you that food. God the Father has shown that he is with the Son of Man."

²⁸ The people asked Jesus, "What are the things God wants us to do?"

²⁹ Jesus answered, "The work God wants you to do is this: to believe in the One that God sent."

⁴⁷ I tell you the truth. He who believes has eternal life. ⁴⁸ I am the bread that gives life. ⁴⁹ Your ancestors ate the manna in the desert. But still they died. ⁵⁰ Here is the bread that comes down from heaven. If anyone eats this bread, he will never die. ⁵¹ **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.**"

⁶⁶ After Jesus said this, many of his followers left him. They stopped following him.

⁶⁷ Jesus asked the 12 followers, "Do you want to leave, too?"

⁶⁸ Simon Peter answered Jesus, "Lord, who would we go to? You have the words that give eternal life. ⁶⁹ We believe in you. We know that you are the Holy One from God."



BREAD OF LIFE BALL GAME

Jesus said He is the bread of life, which gives eternal life. In this game, the ball represents the bread of life.

You will need:

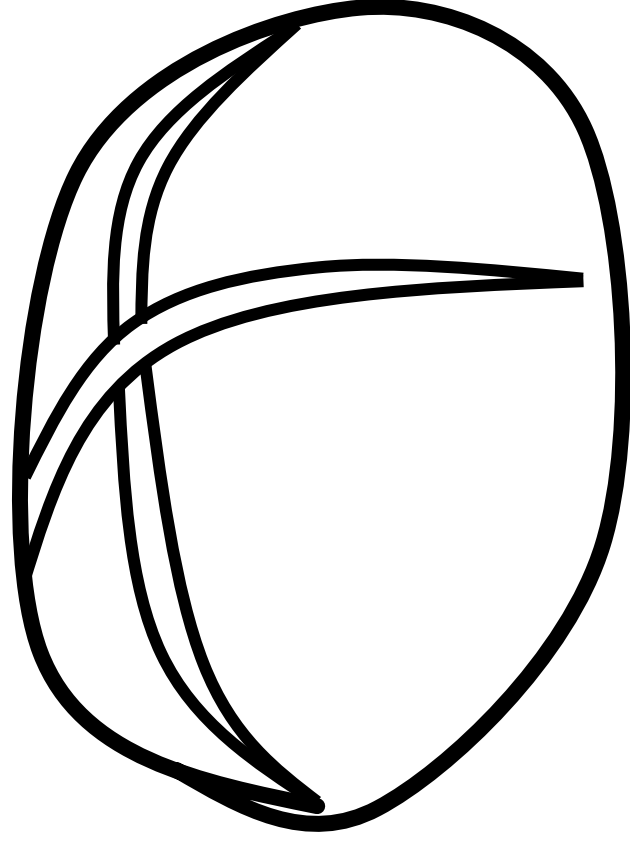
A soft ball

1. Have the children gather in the middle of the room with the leaders on the outside
2. The leaders pass a ball between one another and the children have to try and intercept it. When a child has caught the ball, they stand on the outside of the circle, passing the ball with the leaders.
3. The children in the middle continue to try to intercept the ball and join the outside of the circle when they manage to catch it.
4. Continue until everyone has caught the ball

When you received the bread of life ball, you did not need to re-enter the middle of the circle. There was a lasting change to your position. When we receive the bread of life from Jesus, it brings about a lasting change between us and God. We become His children and receive eternal life.

“I AM THE
LIVING BREAD
THAT CAME
DOWN FROM
HEAVEN. IF
ANYONE EATS
OF THIS BREAD,
HE WILL LIVE
FOREVER.”

JOHN 6V51A





BREAD OF LIFE

			s	c	y			
			u	u	p			
v	u	e	c	j	e	s	u	s
j	n	q	f	l	e	s	h	h
o	l	i	v	i	n	g	h	g
			k	k	m			
			l	i	w			
			b	z	e			
			t	r	t			
			g	t	e			
		j	j	g	r	a		
h	e	a	v	e	n	s	d	a
a	c	d	q	l	a	g	a	f
l	i	f	e	w	l	i	b	v

bread
eternal
flesh
heaven
jesus
life
living