

## This Weeks Message:

Resources: Sundaychildrensfocus.com, Heather Margerison

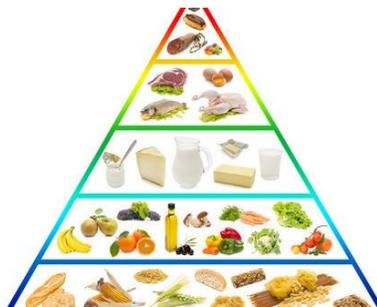
### Jesus Is the Bread of Life – John 6:35

**“Have you ever gone without eating for two whole days?”**

I want you to imagine that you are really hungry. Imagine that you haven't had any food for two days. What would that be like? How would your stomach feel?

Have you ever seen a food pyramid poster? The food pyramid was developed to help us know what kinds of foods we should eat to help us to grow strong, healthy bodies. The picture below 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 are 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.



Even way back in Bible times, bread was very important to 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 us. He wanted something that would last forever. One day, as he was teaching, 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.”

If we want to live, we need bread. If we want to live forever, we need Jesus! We need Jesus to help fill our lives with meaning, peace and love.

Written by and 8 year old and shared with his Pastor (Pasto Beau, reddingfirstfamilies)

- ❖ Reaching out for the Bread of Life is like asking God into your heart.
- ❖ Chewing it is accepting Jesus into your heart.
- ❖ Washing it down with water is praying every day.
- ❖ Digesting it is keeping your faith in God.