

Objective: The students will memorize Jesus' words "I am the Bread of Life," and be able to explain that Jesus and eternal life are more important than anything.

For the Catechist

The present lesson follows and explains the previous lesson which presented the feeding of the five thousand. The people did not understand the miracle of the multiplication of the loaves. Jesus tried to teach His followers that He would become the Source of Life for them. He said, "I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world" (John 6:51).

Many of His disciples left Him because they did not understand His words or teaching. Jesus promised to be Himself the source of our spiritual life. We believe His promise:

"Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has life eternal, and I will raise him up on the last day"
(John 6:53-54).

Jesus continues to be our source of the growth and life we have received in Baptism.

In Baptism we were initiated into a relationship with God and one another. Baptized into Christ and given the seal of the Gift of the Holy Spirit, we are called to grow into this relationship through receiving the Eucharist. Christian life is a call to grow in the likeness of Christ. Jesus Himself is our source of growth in this life. As we grow in our faith life, we are no longer self-centered so that we can live for Christ and serve our sisters and brothers.

Lesson Plan Overview

Opening: Prayer before Holy Communion

Introduction: Seeing dough rise and readied to become bread **Need:** Thawed frozen bread dough or dough freshly made ready to rise, board and flour. A 1 pound loaf will produce 8 pieces. Have a piece for each student.

Read Text Aloud: Have students read text aloud.

Activity Tracks:

Choose a basic, group, or craft activity to reinforce the lesson (detailed on the pages that follow).

- *Basic:* Jesus, the Bread of Life
- *Group:* "Bread of Life" Memory Game
- *Craft:* "Bread of Life" Plaque

Closing: Prayer before Holy Communion

Come Bless the Lord Icon Packets:

Packet I:

Packet II: Miracle: Multiplication of Loaves and Fishes

Teaching Pic:

#DL1 Prospora

Background Reading

(Direct quotations from the sources noted.)

Old Testament Prefigures the New

"When Moses led the Israelites through the sea, he prefigured our freedom from sin's slavery by the baptism of Christ 'in water and in spirit' (John 3:5). When the Lord fed the Hebrew people in the desert with manna, He prefigured the living bread we would receive in Holy Communion (Jn 6:32-33). When the Lord fed the multitude with the multiplication of loaves and the wedding guests with wine from water, He prefigured His gift at Holy Communion. He also demonstrated His lordship over the elements of creation that daily feed us" (*LLII* 64).

The Lesson Plan

Opening

For our opening prayer, let's take a look at the words of the Prayer before Holy Communion. Let's read the first paragraph. . . . Do you see the phrase "mystical supper"? Do you know what that is? (Holy Communion) What about the phrase "Nor will I give you a kiss as did Judas." Have you heard about Judas? He was the disciple that betrayed or gave Jesus to the soldiers in the Garden of Gethsemani. Judas told the soldiers that He would show them who Jesus was by giving Jesus a kiss. As soon as he kissed Jesus, the soldiers took Jesus away and later He was beaten. Soon after He was crucified. Next week we'll learn more about this prayer. Let's say it from the beginning now.

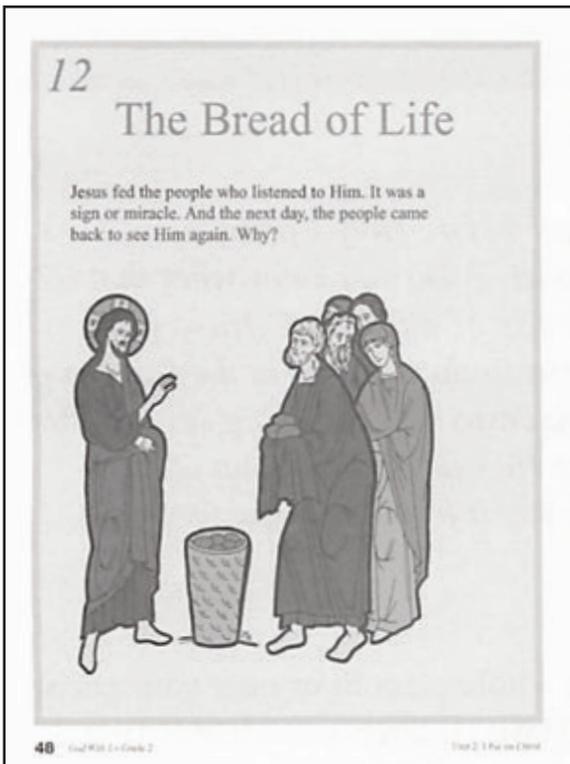
Introduction

[If possible you may want to do the introductory activity with the whole class in or near your parish kitchen so the dough can have a warm place to rise during class. Have children wash hands first. If you prefer, have an experienced bread baker demonstrate and work with children as you teach.]

In this unit, we are learning from stories in the Bible about Jesus and His teachings. Today our story involves bread. How many of you have made bread? I thought I'd bring in bread dough for you to work with. This is bread dough. [Begin to knead dough.] It is made from flour, water, eggs, salt, and yeast. Do you know what yeast is? It is what makes bread rise. Just like light, bread reminds us of Jesus Christ. In order to bake bread you must knead it and punch it down [punch the dough.] Then you let it alone, and it will rise. Why do you think this reminds us of Jesus Christ? (Jesus was beaten down and crucified. He was left alone in the tomb, and three days later he rose from the dead.) [Cut off pieces for each of the children and let them experience kneading bread.]

[After a few minutes, have them make their dough into a ball. Put the dough balls on the cookie sheet in alphabetical order of their names or make a diagram of whose ball is where. Set the dough in a warm oven to let it rise while you finish the lesson. If you plan to do the craft, stay in the kitchen and let the children gather around you. Read the lesson aloud to the group, showing them the pictures. Move into the craft activity from the lesson. If you don't plan to do the craft, have children wash up and return to their classroom. At the end of the lesson, send a student to get the cookie sheets so they can see the risen dough. If you wish, you can bake the buns at home that day, freeze them, and bring them to the students the next week.]

Let's read about Jesus and bread.



Reading of Text

As the children read aloud, help them interact with the text using the comments or questions below which are keyed to the text phrases (in bold type).

And the next day, the people came back to see Him again. Why?

What happened the day before? What did we call the title of that story? (The Multiplication of the Loaves)

... because you ate the loaves and were filled.

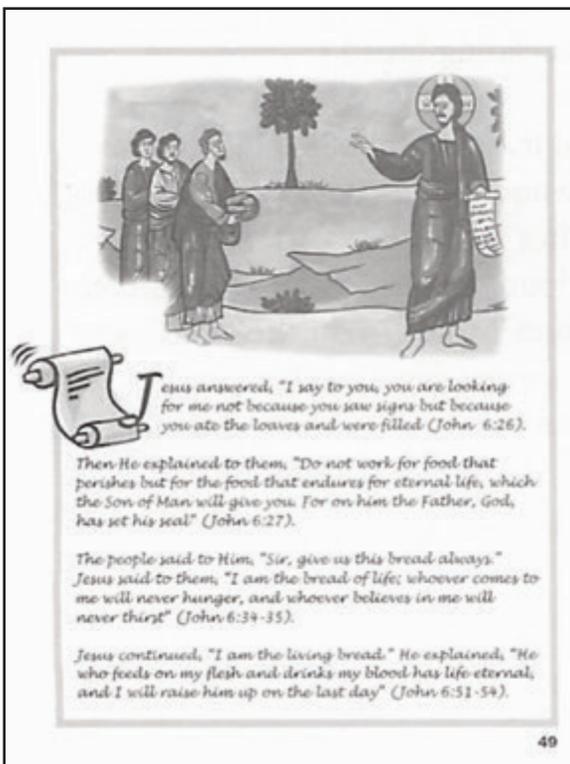
Jesus hoped the people had come back because they saw a miracle and wanted to learn more from Him. Why did the people come back? (Because they had been fed with bread)

For on him the Father, God, has set his seal.

Let's look at some of the words that Jesus said. "Do not work for food that perishes, but for the food that endures for eternal life." First of all, "eternal" is a word that means forever. Eternal life is life with God in heaven forever. Jesus is telling us to work for the food of eternal life, rather than earthly food. Another way of saying that would be: Do not work for food that will someday be gone, but for food you will have forever. What do you suppose that food is? Let's read on.

"... and I will raise him up on the last day."

How did Jesus explain the bread the people wanted? (He said "I am the living bread.") When He said "I will raise him up on the last day," Jesus made a promise. When we die, Jesus will raise us up to life just as He was put in the tomb, and then was raised again. This is SO important to remember. It is called the Good News. If we stay close to God and receive Holy Communion, our death will not be the end. He will raise us to eternal life.



Jesus is more important.

What are some things that people think are important?
[Allow responses. To each response, reply: "Jesus more important." When all have had a turn, have them say "Jesus more important" with you.] *Why is Jesus more important? Let's read on.*

Jesus is the Bread of Life.

Jesus is more important because Jesus gives us eternal life. What does Jesus give us? (Eternal life) Jesus gives us eternal life. Say that with me.

Look at the last phrase, "Jesus is the Bread of Life." This is the title of our lesson. What is the title of our book? (God Gives Life) We have learned that God, our Creator, gives us life. Now we know that Jesus is the Bread of Life. Who are we missing from the Trinity? (The Holy Spirit) The Holy Spirit contributes to our life as well. For life, we need food, and we also need air. The Holy Spirit is like the Breath of Life. God, in all three persons, gives life.

Do you know when we partake of the Bread of Life?

We'll learn about this in our next lesson.

Let's review: *We learned a new phrase that Jesus used to describe Himself. It starts out, "I am the. . . Who can complete it? (Living bread) Let's say that together and try to memorize it. People think that so many things are important in this world. What is more important? (Jesus) Why? (Jesus gives us eternal life.)*

Activity Tracks

Basic: "Jesus, the Bread of Life"

[The quote is from the first page of their lesson. If you think the students need assistance, you can put the words to use on the board: perish, eternal, am.] *We've learned that Jesus called Himself the Light of the World. Today we learned another phrase Jesus said about Himself. See if you can find the words to fill in from your text.*

Jesus was teaching the people a very important lesson. People may think that everything around us in this life is important. For Christians, eternal life with God in heaven is more important.

People in Jesus' day thought bread was important. Indeed, bread is important for life. Jesus is more important.

Jesus gives us eternal life and union with God. Eternal life or union with God is more important than anything. Jesus is the Bread of Life.

Do you know when we partake of the Bread of Life?

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Jesus, the Bread of Life

Draw something to remind you of the story. Write the answers to the clues below. The first letter is given. The other letters in the boxes will spell out an important word from the lesson.

Jesus said,
"You should not work for food that B
will _____, but for the food p e r i s h
that will endure for _____ e t e r n a l
life. I _____ the living bread." a m
What letter can you put in the last box to make a word? d

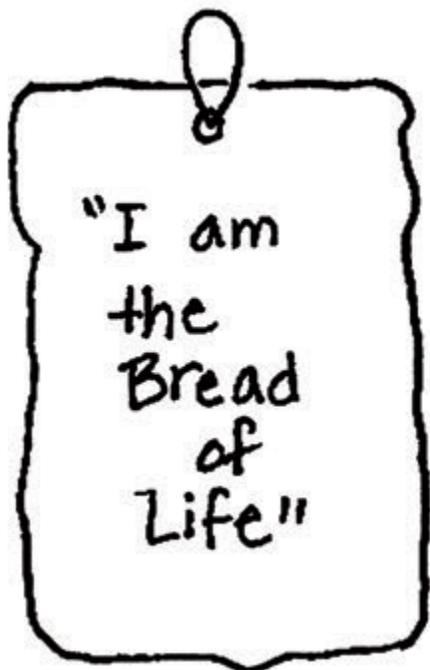
Group: "Bread of Life" Memory Game

This year we are learning about the words of Jesus. He spoke about Himself using comparisons. Today He used bread. Do you remember what He said? ("I am the living bread; I am the bread of life.") His words are beautiful and help us to understand God. This year we will try to memorize several phrases that Jesus said. Today we'll play a game to help us learn the passage: "I am the Bread of Life." This is how we'll play. We'll form a circle. The first person will say the first word of the phrase, "I"; the second person, "am"; the third person "the" until we get the whole phrase. Now, if someone makes a mistake, we'll start the phrase again and try to say the whole phrase. [After a few rounds, challenge the students by introducing the next part of the quote. The entire quote is: [1] "I am the bread of life; [2] whoever comes to me will never hunger; [3] whoever believes in Me will never thirst; [4] I am the bread that came down from heaven" (John 6:35-41).]

Craft: "Bread of Life" Plaque

Materials: Frozen bread dough (1 loaf/8 students) thawed and already risen, flour for your surface, rolling pins, drinking straw, cookie sheets, pencil and paper.

[This is a two-lesson craft. You may bake the plaques at home and have them ready for writing next week.] *Jesus spoke of Himself as the Bread of Life. As we learned today, people all over the world depend on bread to live. Today our craft involves bread. We will make bread dough plaques that will say Jesus' words. [Hold up sample.] This craft will take two weeks to complete. Today we'll work with the bread and make the plaque, and then I'll take them home to bake. Next week we'll write Jesus' words, and spray them with a sealer. [If you've not done the introductory activity, let the children see the bread, describe how bread rises. Cut the bread into 8 sections. Give each student a piece and show them how to knead the bread. Then, show them how to use a cup or rolling pin to roll out the dough. They should make a flat rectangle of at least 4x6 inches. They can use a straw to punch a hole near the top so the plaque can be hung. Place their plaques on the cookie sheet, and draw a diagram on paper to know which plaque belongs to which student. Take home and*



bake at 400 degrees for approximately 30 minutes OR
UNTIL LIGHTLY BROWNED on the bottom. Let them
air-dry all week.]

Closing: *Let's gather and say the Prayer before Holy
Communion.*