



# Welcome to Worship

Time to think!



**What symbols and words did Jesus use to describe himself?**

**I am...**

**What is one thing that makes you feel hopeful or joyful? It could be a person, animal, place or thing!**

# Welcome

Turn to the person sitting next to you and say:

“Hello”

If you speak another language, you could say it in that language 😊



# I am...

1. I am the good shepherd
2. I am the bread of life
3. I am the resurrection
4. I am the light of the world
5. I am the way, the truth and the life
6. I am the vine
7. I am the gate for the sheep



# I am the bread of life!

Turn to your partner  
and discuss what it  
would be like to go a  
day without eating.  
How would you feel?

What do you think  
Jesus meant when he  
said, “I am the bread  
of life”?

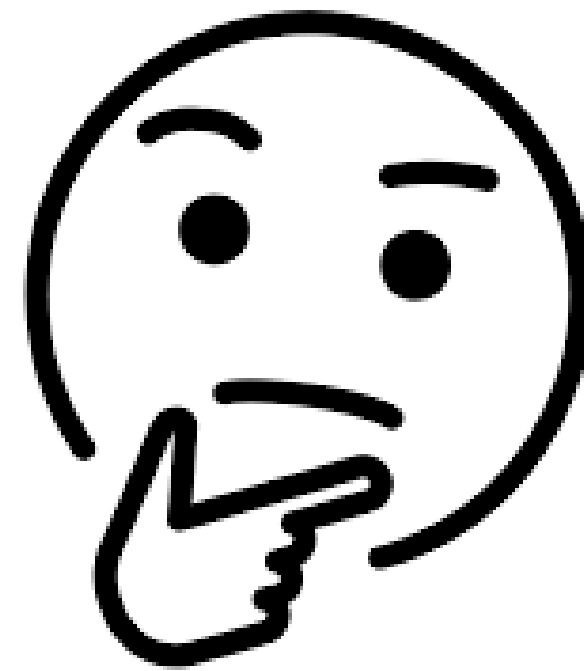


# Time to think

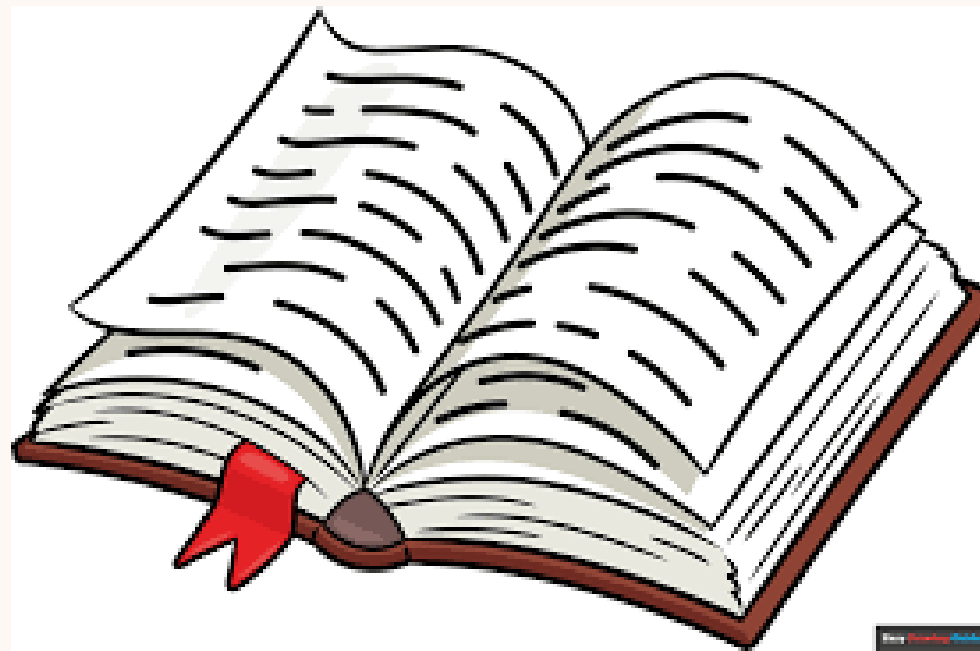
Close your eyes for a moment and think:

- What is your favourite food?
- How does it make you feel when you eat it?
- Now think of something that fills your heart, your mind, and your spirit. Something that makes you feel good without filling your stomach!

That's what Jesus was talking about. He came to give people what they were missing in life. To make them feel complete and bring them peace, joy and strength.



# Peek at the Bible



## **John 6:35**

“I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.”

# What does this mean?

When Jesus said He is the **Bread of Life**, He didn't mean actual bread like we eat at meals.

He meant:

He gives us **strength when we feel weak**

He gives us **hope when we feel lost**

He gives us **peace when we feel worried**

Just like bread keeps our bodies alive, Jesus helps our **hearts and lives** feel full and meaningful.

# Stillness

*If you would like to make this prayer your own, you can join in with Amen at the end or sit and reflect.*

Dear God,

Thank you that Jesus is the Bread of Life. Thank you that you care not only about our bodies, but also our hearts. Help us to come to you when we feel empty, tired, or unsure. Fill us with your love, your peace, and your strength. Help us to share that love with others today.

Amen.



# Take it with you

Sometimes we try to “fill ourselves up” with other things—like attention, success, or possessions—but they don’t last.

Jesus offers something deeper:

- Love that doesn’t run out
- Forgiveness when we make mistakes
- A sense that we are never alone

Where do you get this from? What or who ‘fills you up’?





**Have a good  
day**

**Peace be with you**

**And also with you**

# Further activities

What 'fills you up' outside of food?  
What gives your life meaning and purpose? What makes you feel joyful? You could write these things within a bread shape and fill a basket in your classroom.

Who could you thank for these things in your life?

