

“I am the Bread of Life”

Resources for Preparation beforehand:

- Who is Jesus/Who am I sheet
- A nice bread roll or loaf of bread
- A means of playing the worship song and/or copies of words for everyone

Discussion Starter:

Food is often linked with significant memories whether that be an event, a person or a particular time in your life. What meal or food can you recall and what memories are associated with it?

God Reveals Himself:

When Moses first hears God’s call he asks for God’s name to convince the people of Israel to listen. The Lord replies “I Am who I Am, tell the people that I Am has sent you” (Ex 3 v13-15). What do you make of this seemingly confusing answer?

Experiential exploration of bread:

Share the bread roll between you so that everyone has some and encourage people to use all their senses to appreciate the bread. This is a reflective exercise.

Reading: John 6 v 25-40

Questions:

1. If you connected with one of the services what did you take away?
2. Why was bread so important in Jewish culture?
3. At the beginning of chapter 6 John tells the story of the feeding of the 5,000; how and why is Jesus trying to shift from physical appetite to spiritual?
4. Why do you think that Jesus identifies himself as the “Bread of Life”?
5. Thinking back to your memorable food, if Jesus claimed to be this for you how might this affect your how you view that memory?
6. How do you feed yourself spiritually?
7. How can we support those in need of food?
8. Who do you know who is searching for spiritual food and how could you help them find ‘Bread’?

Response & Worship:

Song suggestion: *“I am the Bread of Life”* (either Sister Toolan or John Michael Talbot)

Use an image of Bread or the remainder of the loaf : for reflection and prayer

Take Away:

- Encourage everyone to record something on their “Who is Jesus/Who am I” sheet and bring it to add to each week.
- When you next take communion reflect on Jesus the Bread of Life for the world
- For during the week:

- Try making bread
- Be mindful when next eating bread
- Meet someone for a sandwich lunch