

Bible Study 4 - Bread of Life: Kingdom Food

1. Food Bingo

Hand out a card/piece of paper to everyone in the group. On the left hand side of the card will be a list of 'Kingdom Food' actions, such as a) Planted a seed this year b) Intentionally try to eat seasonal food c). Eaten something that I have grown myself etc... Everyone then goes round the group and tries to find someone who has done each of these things, writing the name of the person next to the action (each name must be different). The first person to put a name next to each of the actions wins!

2. Scrambled Bible Verses

Print out the following verses in large text (point size 36+ works well) and cut up each verse so that you are left with a pile of words.

- Proverbs 12:10 A righteous man cares for the needs of his animal
- John 6: 12 When they had all had enough to eat, he said to his disciples, 'Gather the pieces that are left over. Let nothing be wasted.'
- John 6: 51 This bread is my flesh, which I will give for the life of the world.
- Proverbs 15:17 Better a meal of vegetables where there is love than a fattened calf with hatred

Then split into four groups and give each group one verse (pile of words), asking them to reconstruct it. Once they have managed to assemble the words, ask them to read out the verse and tell the rest of the group what they think the relevance of that teaching could be for the way we relate to food today?

3. John 6:5-12 & 48-51 (The Message)

5-12 When Jesus looked out and saw that a large crowd had arrived, he said to Philip, "Where can we buy bread to feed these people?" He said this to stretch Philip's faith. He already knew what he was going to do. Philip answered, "Two hundred silver pieces wouldn't be enough to buy bread for each person to get a piece." One of the disciples - it was Andrew, brother to Simon Peter - said, "There's a little boy here who has five barley loaves and two fish. But that's a drop in the bucket for a crowd like this." Jesus said, "Make the people sit down." There was a nice carpet of green grass in this place. They sat down, about five thousand of them. Then Jesus took the bread and, having given thanks, gave it to those who were seated. He did the same with the fish. All ate as much as they wanted. When the people had eaten their fill, he said to his disciples, "Gather the leftovers so nothing is wasted."

48-51 "I am the Bread of Life. Your ancestors ate the manna bread in the desert and died. But now here is Bread that truly comes down out of heaven. Anyone eating this Bread will not die, ever. I am the Bread - living Bread! - who came down out of heaven. Anyone who eats this Bread will live - and forever! The Bread that I present to the world so that it can eat and live is myself, this flesh-and-blood self."

4. Thought for Food

- Notice how, in feeding 5000+, Jesus starts with something very small, local and possible – and a miracle happens. What can this teach us as we face enormous global problems



concerning food, poverty and environmental degradation?

- What 'little bread and fish' have we to offer Jesus in practical terms? (Try and apply this across our relationship with food: growing, choosing what to buy and where from, waste, building relationships etc).
- Why did Jesus say 'Let nothing be wasted' when everyone had already eaten their fill?
- What would it look like if we applied this principle to our own lives? What would change?
- How can we practically support our local farmers as a church body?
- Do we have any church land that we could use to grow food?

5. Watch Film Clip – 'Bread of Life'

The short film (5 minutes) shows 4 examples of how British Christians today have got involved in food-growing in their local communities – some on their own, some informally with others, and some as part of a bigger project.

6. Sharing Stories

Share which of the stories from the 'Bread of Life' film connected most with you and your experience. Try going round the group sharing your own stories related to practical food projects that have inspired you.

7. Pledge Tree

Think back to the 'Just Food' spider diagram from last week. Are there any actions from those ideas that you would like to take on, either individually or as a group? If so, could you make a 'pledge tree' together as a group? This is a piece of card cut out in the shape of a tree, where you can record the pledges you would like to undertake. You can either write these directly on to the tree or stick them on with post-it notes or something similar.

8. Film Suggestion: 'Grow your Own'

'Grow your Own' is a gentle comedy set on a Merseyside allotment, where a refugee family are given a plot to help rehabilitate their traumatised father and are initially met with suspicion by the existing allotment holders, but this is overcome through the joy of food.

The film is available from sources including www.amazon.co.uk and www.lovefilm.com.

What Do I Need?

- Paper, pens and statement ideas for Food Bingo
- A piece of card cut out in the shape of a tree for the Pledge Tree
- Post-it notes for the Pledge Tree (optional)

