

Children's Activities

4. Bread of Life

1. Scrambled Bible Verses (Age 9+)

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.

Genesis 2:15: 'The Lord God took the man and put him in the garden of Eden to work it and take care of it'

Proverbs 15:17 - Better a meal of vegetables where there is love than a fattened calf with hatred

Exodus 16:16 - 'This is what the Lord has commanded: "each one is to gather as much as he needs".'

Then split the children into 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?

What do I need?

- Piles of words from the verses above, a few Bibles

2. Bread Making Banquet (Any Age)

Baking bread as a group is really fun and a great way to understand the whole bread making process! You could try making lots of different shapes and styles, from stars to snakes, and then invite the children's parents to join you for soup and rolls once the bread is ready. Richard Bertinet's Fougasse recipe from his brilliant book 'Dough' is a delicious and extremely simple! (<http://www.telegraph.co.uk/foodanddrink/recipes/8030829/Fougasse-bread-recipe-by-Richard-Bertinet.html>).

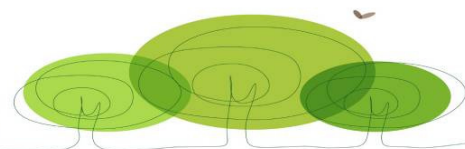
What do I need?

- Ingredients for bread (strong bread flour, water, yeast, sea salt) and a hot oven!

3. Bible Background:

Read John 6:5-12 - You could read this whilst the bread is rising or baking!

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."

To talk about:

- What did Jesus use to feed 5,000 people?
(five little loaves and two fish)
- Talk about how the bread-dough rises because of the yeast. How can our care for eating good food and caring for the land 'grow' as we give it to Jesus and he blesses it?
- Why did Jesus want nothing to be wasted?

4. Food Bingo (10+)

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 'heavenly food' actions, such as

- a) I planted a seed this year
- b) I know three things that are in season this month
- c) I have eaten something that I grew myself at some time in my life 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!

What do I need?

- Piece of paper and pen for every member of the group with various 'bingo actions'

5. Plant a Sunflower (Any Age)

Plant a tomato plant / sunflower seed each and as you water it and care for it, thank God for all the ways that He provides for you through what He has created. You could spend some time decorating the pots together.

What do I need?

- Sunflower seeds, compost, mini plant pots, trowels.

6. Prayer

Use the sunflower seeds as an aide to prayer – thinking about the 'small seeds' that we commit to God, and the amazing growth that he can bring, both in nature and in our lives.

