



**FAMILY LIFE
RESOURCES**

Growing Together, Rooted in Faith - Colossians 2:7

I AM
THE BREAD OF LIFE

This month's family devotional will explore Jesus as the Bread of Life in John 6, focusing on themes of communion, salvation, and sharing faith using the ABC method and much more.



FAMILY LIFE RESOURCES

Growing Together, Rooted in Faith - Colossians 2:7

We are thrilled to announce that we are expanding our family resources here at First Church! Our heartfelt mission is to empower and equip parents to guide their children in this endeavor to love, honor, and serve God with their lives. We aim not only to provide a vibrant, faith-filled, and enjoyable environment for your children within our church community but also to acknowledge that a few hours out of 168 hours that make up a week isn't enough time to focus on or walk with God. We understand the challenges of busy schedules and endless household tasks, which is why we're dedicated to offering resources that are easy to use, relevant, and, most importantly, honor God with the goal of supporting you and your family. We pray these resources make an eternal difference in the lives of families like yours.

Blessings,
First Church Family Life Ministries

Colossians 2:7 Let your roots grow down into Him,
And let your lives be built on Him.

Then, your faith will grow strong in
The truth you were taught...



**FAMILY LIFE
RESOURCES**

The Work of the Resurrected Christ

SUMMER 2024

JUNE

Jesus Christ Our Lord (John 14:6)

- The Way
- The Truth
- The Life

JULY

VBS Follow Up & Armor of God (Eph. 6:10-20)

- Kingdom Warfare
- Our Protection
- Our Purpose
- Using the Sword
- Pray At All Times

AUGUST

"I Am the True Vine" (John 15:1)

- Remain in Me
- Remain in My Love
- I Call You Friends
- Not of This World

FALL 2024

SEPTEMBER "I Am The Bread of Life" (John 6:48)

- I Am the Living Bread
- I Am the Bread of Life - Eternal
- God the Father - Our Provider
- Our Work is to Believe



**FAMILY LIFE
RESOURCES**

I Am the Bread of Life

John 6:48

***Jesus repeats this truth seven times in
John 6. [32, 33, 35, 41, 48, 51, and 58]***

***He does NOT want us to miss this
important truth! Let's explore together
what He means when He proclaims,***

"I Am the Bread of Life"

Key Verses

From John 6 (NIV)

6:32 *Jesus said to them, "... it is my Father who gives you the true bread from heaven. For the bread of God is the bread that comes down from heaven and gives life to the world."*

6:33 *"Sir," they said, "always give us this bread."*

6:35 *Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."*

6:41 *... he said, "I am the bread that came down from heaven."*

6:47 *"Very truly I tell you, the one who believes has eternal life."*

6:48 *"I am the bread of life."*

6:51 *"I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world."*

6:58 *"This is the bread that came down from heaven.... whoever feeds on this bread will live forever."*

LESSON 1

I Am the Living Bread

Parent's Passage: John 6:1-60

Family Reading: Mark 14:22-26

Key Verse: John 6:51

"I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world."

Jesus is giving us a clear picture of His intentions to give His life in place of ours as a sacrifice for our sins. This is a difficult thing to understand. Even His own disciples had a difficult time understanding and accepting it. (John 6:60)

Jesus instructs us to remember Him when we take communion. This is a good place to start to meditate on these central truths of the work of Christ for each of us.

When Jesus met with His disciples before His death, they shared a meal together. They were preparing for Passover (Mark 14:16).

Passover was a celebration remembering how God had freed His people from slavery in Egypt (Exodus 12). He had instructed them, through Moses, to kill a lamb and paint their door posts with the blood of the lamb. The destroying angel would then pass by (Passover) each home where the blood of the lamb had been applied.

In the same way Jesus became the Lamb who takes away the sin of the world. Each person who receives Him passes over from death to life.

During the meal when Jesus had given thanks, He took the bread, broke it and gave it to His disciples, saying, **"Take it. This is My body."**

When He took the cup, He gave thanks and passed it to the disciples, saying, **"This is my blood of the covenant, which is poured out for many..."**

When we take communion we remember the death of Jesus Christ as a sacrifice for the sins of the world.

FAMILY ACTIVITY

Making Communion Bread

Follow this recipe for flat bread to be used in communion. Then lead your family in sharing communion using the instructions of Jesus at the Last Supper with His disciples as described in Mark 14:22-26

Unleavened Communion Bread Recipe

Ingredients:

2 cups all-purpose flour; $\frac{1}{2}$ cup warm milk or warm water;
 $\frac{1}{4}$ cup olive oil; 1 teaspoon salt

Instructions:

1. Preheat the oven to 475°F. Then set out a baking sheet lined with parchment paper.
2. Set out a large mixing bowl. Combine the flour, warm milk, olive oil, and salt. Mix by hand until the dough comes together into a firm ball. Then knead the dough for several minutes until it is completely smooth.
3. Separate the dough into as many pieces as desired. (This recipe will make 4 tortilla-sized pieces, 2 larger pieces, or 1 extra large pizza-sized piece.) Roll out the dough pieces into extremely thin rounds. You still need to be able to move the dough onto the parchment paper, but the thinner the better.
4. If making communion bread pieces, use a pizza cutter to cut the circles into small half inch squares.
5. Bake for 8 to 10 minutes until the bread is golden brown and slightly bubbly on top. If making snack crackers, bake for 10 to 12 minutes until crisp.

**“Jesus took a loaf of bread.
He gave thanks and broke it ...
and said, “Take, eat,
this is My body.”**

– Mark 14:22



LESSON 2

I Am the Bread of Life - Eternal

Parent's Passage: John 6:35-52

Family Reading: John 6:44-51

Key Verse: John 6:47-48

"Very truly I tell you, the one who believes has eternal life. I am the bread of life."

The introduction to this passage, John 6:41-43, again indicates that those who were listening to Jesus were confused by His words.

Read this passage a time or two and then break it down for your family. Jesus is explaining to His followers truths they must come to understand:

- God the Father draws us to Himself
- We are taught by God through the Spirit
- Believing in Jesus brings eternal life
- Jesus came from the Father to bring eternal life to the world.

Pray together for your family, that each one would come to a saving belief in Jesus Christ.

"Lord, thank You for drawing us to You through Jesus. Help us to understand and believe in Him fully, and may each of us come to know the gift of eternal life in Christ. Amen".

FAMILY ACTIVITY

Leading Others to Christ

THE ABC'S of SALVATION

God has a purpose and a plan for our lives. One that includes hope, and a future many have never experienced in God's love and purpose. The reason is that all of us are sinners, and the results of our sin is separation from God, even though our lives are full of sin, God still loved us and offers us the free gift of forgiveness through Jesus Christ, if we by faith turn from our sins and receive God's gift of forgiveness, God gives us life that is meaningful and eternal.

Would you like to receive God's gift forgiveness now? ***It's as simple as A-B-C!***

ADMIT that you are a sinner in need of forgiveness.

"For all have sinned and fall short of the glory of God"... (Romans 3:23).

We all, like sheep, have gone astray, each of us has turned to his own way, and the LORD has laid on him the iniquity of us all (Isaiah 53:6).

BELIEVE that Jesus Christ died for your sins.

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." (John 3:16).

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. Since we have now been justified by His blood, how much more shall we be saved from God's wrath through Him!

(Romans 5:8-9).

"Repent, then, and turn to God, so that your sins may be wiped out..."

(Acts 3:19).

CONFESS Jesus is Lord.

"... because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved."

(Romans 10:9).

By faith you can receive forgiveness right now!

The prayer below is an example of what you can say to God. Getting the words right is not what matters. What really matters is the attitude of your heart.

"DEAR GOD, I am very sorry for my sins. I believe Jesus Christ died on the cross to forgive me and to give me eternal life. By faith, I receive His gift of forgiveness right now and ask Him to be in charge of my life. Amen"

LESSON 3

God the Father - Our Provider

Parent's Passage: John 6:1-35

Family Reading: *The Lord's Prayer*
Matthew 6:9-13

Key Verse: John 6:32b

***"It is my Father who gives you the
True Bread from Heaven"***

John chapter 6 demonstrates the mighty power of God at work for all to see.

- **Feeding 5,000 from 5 barley loaves and two fish** vs. 1-15
- **Jesus walking on the water** vs 15-25

The people remember God's Provision in the desert:

"He gave them bread from Heaven to eat." vs. 31

Jesus looked to His Heavenly Father for every provision while He walked on this earth. He is an example to us.

He taught us to pray:

***Our Father in Heaven,
Holy is your name,***

***Your Kingdom come, Your will be done
on earth as it is in Heaven.***

Give us this day our daily bread.

And forgive us our debts as we forgive our debtors

***And lead us not into temptation,
but deliver us from evil.***

LESSON 4

Our Work is to Believe

Parent's Passage: John 6:22-35

Family Reading: John 6:25-29

Key Verse: John 6:29

Jesus answered, "The work of God is this: to believe in the one He has sent"

Jesus is busy explaining the Kingdom of Heaven and doing miraculous things like feeding 5,000 people with 5 loaves of bread. The crowds are following Him.

He warns them to not seek Him out just to have bread to eat. John 6:25-26. He warns them not to work only for food that spoils quickly.

He encourages them to seek out food that endures to Eternal Life. They asked Jesus, "***What must we do to do the works God requires?***"

Jesus answered them clearly:

"The work of God is this: to believe in the one He has sent."

Their response was, "***Show us more signs!"***

Jesus was the Sign from Heaven! Our work is to ***Believe*** in Him!

John 3:16 explains it clearly:

(Continued next page)

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”

How do we carry on this work of believing in Jesus?

Here are a few suggestions:

Feed your belief - Read and Study the Bible.

Speak Your Belief - Talk about Jesus!

Ask God the Father to Help You.

FAMILY ACTIVITY

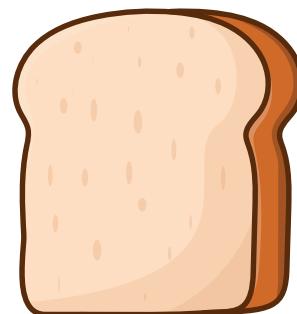
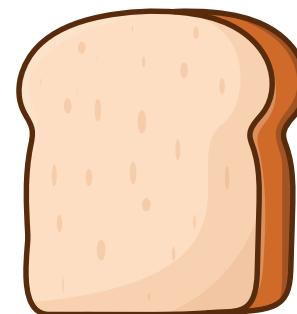
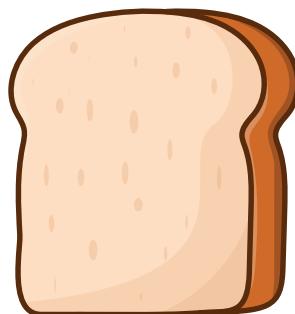
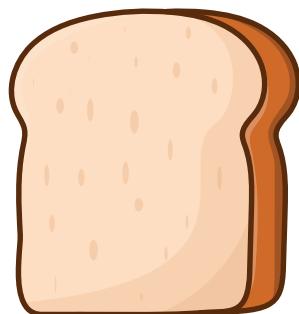
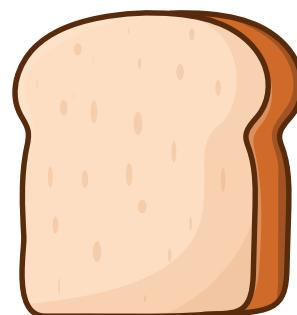
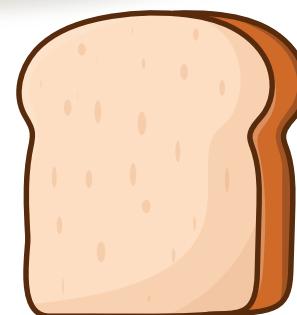
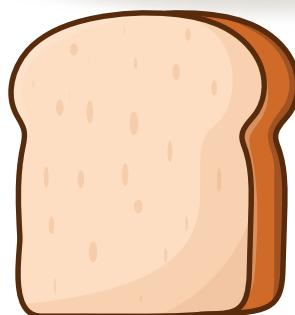
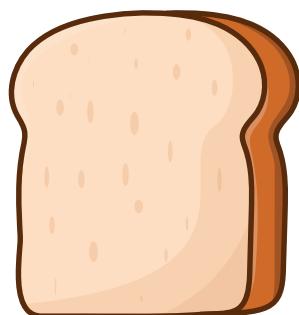
Find a children's Bible. Gather your family around. Talk together about growing our faith by **reading** the Bible, **talking** about what you learn, and by **praying**. List other ideas about growing your faith together as a family in the space below.

Read a Jesus story from the Gospels. Thank God for sending His Son to earth for the forgiveness of our sins. Agree to read the Bible and pray together regularly.

FAMILY ACTIVITY

Basket of Blessings

Have your family members cut out the little 'slices of bread', and write on them some provisions God has given your family, then glue them in the basket. See how full you can get it!





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