

## **FAMILY TABLE TIME**

### **LENTEN LESSON: WEEK 3 / March 10**

#### **PRESCHOOL BIBLE LESSON**

**Review our Lenten theme verse by saying it together 2-3 times:**

I am the way, the truth and the life (John 14:6)

**Optionally sing together:**

<https://youtu.be/B5135QHRpVI>

**(Song begins at 2:08 into the video)**

In the Bible, Jesus said "I am the bread of life"

- Does this mean that Jesus tastes like bread? : )
- Does this mean that we should spread butter on Jesus? : )
- No, it means that we need Jesus just like our bodies need bread!
- He is the way, the truth and the life.

#### **FAMILY ACTIVITY OPTIONS**

Chat and color:

<http://flamecreativekids.blogspot.com/2015/08/i-am-bread-of-life-reflective-colouring.html?m=1>

Make this easy, fun flatbread together in 30 minutes:

<https://www.inspiredtaste.net/46128/no-yeast-flatbread/>

Write a prayer together about Jesus being the bread of your family's life.

Pray it at mealtimes for the week.

(Sample: Dear Jesus, Thank you for the food that fills our tummies and for the way you fill our hearts! You are better than bread, better than food. We need you like we need food. Thank you for being the bread of our lives! Amen.)

## ELEMENTARY BIBLE LESSON

**Review our Lenten theme verse by saying it together 2-3 times:**

I am the way, the truth and the life (John 14:6)

**Optionally sing together:**

<https://www.youtube.com/watch?v=B5135QHRpVI>

**(Song begins at 2min 10sec into the video)**

**Read John 6:1-13 together**

After this miracle Jesus told the disciples (v 35) that **he is the bread of life.**

- He said that each person who comes to him will never be hungry.
- What do you think this means?
- What does it feel like to be hungry (to realize your body needs something, feel unsatisfied, even to hurt)?
- Deep down we are hungry for Jesus!
- If we come to him he will be like bread to us and we will be full and satisfied!

## FAMILY ACTIVITY OPTIONS

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