



Gospel Light®

HOME DISCUSSION GUIDE
for ages 10-12

SPRING A
Lesson 2

Got Bread?

“I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty”

John 6:35

At a mealtime, we had a lot of fun talking about foods we liked and disliked—and then we listed foods we’d like to try, like alligator tail and frog legs. We decided that some foods just seem to go together, like peanut butter and jelly. We considered what other things might be good with peanut butter. Then I asked, **Why do you think Jesus said, “I am the bread of life” when He was explaining to the people that God sent Him to Earth to give life?** We talked about the way that we have to eat to live. Just like bread fills us physically and gives us energy, Jesus fills us spiritually when we give our lives to Him.

Try This:

Tell your own faith story. I shared with my kids the emptiness I felt before I gave my life to Jesus. I told them to imagine they were very hungry but everything they ate was like eating air and they would still be hungry. **That’s what it is like when you don’t have Jesus but you try to fill yourself with other things instead of Him. When I started to talk to Him throughout my day and read the Bible, there was a satisfaction in my soul like you’d have in your stomach after you eat a good meal.**