

# Bread of Life

## Foundation Verses – John 6:32-33,35,47-51,58

“Then Jesus said unto them, Verily, verily, I say unto you, Moses gave you not that bread from Heaven; but my Father gives you the true bread from Heaven. For the bread of God is He which comes down from Heaven, and gives life unto the World. And Jesus said unto them, I am the Bread of Life: he that comes to me shall never hunger; and he that believes on me shall never thirst. Verily, verily I say unto you, he that believes on Me has everlasting life. I am that Bread of Life. Your fathers did eat manna in the wilderness, and are dead. This is the bread which comes down from Heaven, that a man may eat thereof, and not die. I am the living bread which came down from heaven: if any man eat of this bread, he shall live forever: and the bread that I will give is my flesh, which I will give for the life of the world. This is that bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eats of this bread shall live forever.

**Object Lesson** – Prepare the communion elements and demonstrate what each means, reading aloud and explaining the appropriate related Bible verses (Matthew 26:26-28, I Corinthians 11:24-30).

**Bible Event** – As Jesus ate with the disciples at the Last Supper, He took the bread and blessed it, saying the bread was His body broken for us. He also took the cup, and gave thanks, saying that it is His blood of the New Testament, shed for the remission of sins. Paul also reminded us to take communion in remembrance of Jesus, and to make sure that we examine ourselves to make sure that we are properly discerning the Lord's body and not taking it unworthily.

**Take Away** – Make sure there is no unforgiveness towards others, unconfessed sins, or things that need to be made right with others (like apologizing and saying sorry for sinning against others). If we do not examine ourselves for things in our lives that offend the Lord, we can be sick and even die. Communion is to be respectfully taken.