



“I AM” Statement: I Am ... The Bread of Life

Focal Text: John 6:22–40

GAME

[**Author Note:** These games work best if your group is divided into teams that remain throughout the series. One option is to let the teams be represented by colors: Blue, Green, Red, and Yellow. These teams can receive points based on their performance in each game. You can use the suggested point amounts or use your own values. Another option for additional points is to award teams for every member who wears their team color each week (100 points) and who brings a Bible each week (200 points).

Supplies needed:

- Individual bags of popcorn (one for every student)
- Cold bottles of water (one for every student)
- 5-gallon bucket
- Smaller bucket
- 4 measuring cups (1 cup with 4 large holes drilled in bottom, 1/2 cup with 3 small holes, 1/3 cup with 2 small holes, 1/4 cup with 1 small hole)
- Kitchen scale

Game Explanation: Choose an outdoor area for this game. One team will go at a time. The rest of the students each get a bag of popcorn to eat while they are watching, but they aren’t given anything to drink yet (unless it’s urgent). This will come into play later! Fill a 5-gallon bucket with water and place a smaller empty bucket about 50 feet away. Each round, there will be four measuring cups available. One student at a time can choose a cup, dip it in the big bucket to fill it, run to the other bucket, and pour the remaining water in. Students are not allowed to block the water from coming out of the top or the bottom! As soon as each student gets back to the team, the next student can go. Each team will have three minutes to transfer as much water as possible to the smaller bucket (this should give enough time for every student to go at least once). After three minutes are over, weigh the small bucket of water. Teams are awarded 100 points per

ounce (make sure to tare the weight of the bucket, and you can round up). Allow each team to go one round, and if time allows, they can all go a second round. After all teams are finished, bring out the cooler full of iced-down waters and allow the students to enjoy.]

MESSAGE

During these next few weeks, we’ll be going through some of the “I Am” statements of Jesus. What do I mean when I say “I Am” statements of Jesus?

[Answer: Statements that Jesus made about Himself that tell us more about Him.]

As we look through these statements, let’s pay close attention to what we can learn about our Savior. If you have your Bible, open it up to John 6. We are going to read a story here a section at a time. Follow along as I read John 6:22–24.

John 6:22–24 (ESV)

On the next day the crowd that remained on the other side of the sea saw that there had been only one boat there, and that Jesus had not entered the boat with His disciples, but that His disciples had gone away alone. Other boats from Tiberias came near the place where they had eaten the bread after the Lord had given thanks. So when the crowd saw that Jesus was not there, nor His disciples, they themselves got into the boats and went to Capernaum, seeking Jesus.

At this point, it’s important to understand the context of what is happening.

[**Author Note:** You might want to explain to the group that “context” means background information.]

Does anyone know what had just happened before these verses?

[Answer: Jesus had fed the 5,000, and then that night walked on the water to where His disciples were in their boat.]

The large crowd that Jesus had fed with five loaves and two fish woke up the next morning, only to realize that Jesus was not there and that there was no boat for Him to have left in. So, they got into their own boats and

sailed across the sea to find Him. Don't you think you would have been anxious to spend more time with someone if He had just done a miracle like that in front of you?

Let's read the next part of the passage. Follow along with John 6:25–34.

John 6:25–34 (ESV)

When they found Him on the other side of the sea, they said to Him, “Rabbi, when did you come here?” Jesus answered them, “Truly, truly, I say to you, you are seeking Me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you. For on Him God the Father has set His seal.” Then they said to Him, “What must we do, to be doing the works of God?” Jesus answered them, “This is the work of God, that you believe in Him whom He has sent.” So they said to Him, “Then what sign do you do, that we may see and believe you? What work do you perform? Our fathers ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’” Jesus then said to them, “Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven. For the bread of God is He who comes down from heaven and gives life to the world.” They said to Him, “Sir, give us this bread always.”

What was the reason that Jesus gave that the people were looking for Him?

[Answer: They wanted more physical food from Him.]

Jesus tells the people not to seek what?

[Answer: Food that perishes.]

What does He tell them to seek?

[Answer: Food that endures to eternal life, or food that will last forever, which can only be given by the Son of Man.]

Did you notice what the people said next? Jesus was telling them that they needed to believe in the One whom God had sent (which was Him), and the people were asking Him what kind of proof or sign He could give them.

They were asking for this after He fed 5,000 men with five loaves and two fish!

This is evidence that the people were not longing after the true spiritual food that Jesus was talking about, but that instead they were simply hungry for signs and miracles. They were not satisfied with what they had seen, but were still wanting more.

Let’s read this last section, John 6:35–40, together.

John 6:35–40 (ESV)

Jesus said to them, “I am the Bread of Life; whoever comes to Me shall not hunger, and whoever believes in Me shall never thirst. But I said to you that you have seen Me and yet do not believe. All that the Father gives Me will come to Me, and whoever comes to Me I will never cast out. For I have come down from heaven, not to do my own will but the will of Him who sent Me. And this is the will of Him who sent Me, that I should lose nothing of all that He has given Me, but raise it up on the last day. For this is the will of My Father, that everyone who looks on the Son and believes in Him should have eternal life, and I will raise Him up on the last day.”

Here’s where the “I Am” statement comes in! Jesus said that “I am the ...” what?

[Answer: Bread of Life.]

Jesus called Himself the Bread of Life, and then explained this by saying that whoever came to Him and believed should never hunger or thirst. Was Jesus talking about a physical hunger here?

[Answer: No]

What was Jesus talking about when He said this?

[Teacher Note: You might want to allow several responses at this point as the students brainstorm the meaning behind this statement.]

As you were eating the popcorn earlier, did any of you start to get thirsty? How did that water taste when you were finally able to drink it? Did it satisfy you?

 download [youth ministry](#)

This preview includes a select number of pages from this resource.

If you like what you see, download the entire resource today!

downloadyouthministry.com