



Living the Church Year Lesson Plan:

2nd Sunday After Theophany

The Bread of Life

John 6:28-38

Age Group: 9-15 years old

Length: 50-60 minutes

Theme: Jesus is the Bread that gives eternal life

Learning Objectives

By the end of the lesson, students will:

- Understand why the crowd searched for Jesus.
 - Learn what Jesus meant by calling Himself the "Bread of Life."
 - Recognize the difference between physical needs and spiritual needs.
 - Connect Christ's teaching to Holy Communion and the Divine Liturgy.
 - Identify ways to seek Christ daily through prayer, worship, and service.
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Icebreaker Activity (5 minutes)

Ask students: "If you could eat only one food for the rest of your life, what would it be?"

Allow several fun responses.

Then ask: "How long does a meal satisfy you?"

Students will answer: a few hours.

Explain: "Our bodies get hungry again and again. Today Jesus teaches that we also have a spiritual hunger, and only He can satisfy it forever."

Reading the Gospel (5 minutes)

Read John 6:28-38 aloud.

Ask the students to listen for three things:

1. What question did the people ask Jesus?
2. What miraculous sign were they expecting?

3. What did Jesus call Himself?

After reading, review answers:

- The people asked what works God required.
 - They spoke about Moses and manna in the wilderness.
 - Jesus called Himself the Bread of Life.
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Understanding the Passage (15 minutes)

Part 1: The Wrong Question

The crowd asked: "What must we do to perform the works of God?"

At first this sounds like a good question. But many people believed they could earn God's favor by doing enough religious activities.

Jesus gave a surprising answer: "This is the work of God, that you believe in Him whom He has sent."

Explain: Faith comes first. Good works are important, but they flow from faith in Christ.

Ask:

"Can you have a friendship with someone if you don't trust them?" No.

In the same way, our relationship with Jesus begins with faith and trust.

Part 2: Looking for More Miracles

The people then asked Jesus for another sign. Even though they had witnessed miracles, they wanted more proof.

Discuss:

Have you ever ignored a gift because you wanted something bigger?

The crowd was focused on temporary things. They remembered how God fed the Israelites with manna in the desert during Moses' time. Yet Jesus explained that manna kept people alive only temporarily. Everyone who ate manna eventually died. God was now giving something far greater.

Part 3: Jesus Is the Bread of Life

Jesus makes one of the most important statements in the Gospel: "I am the Bread of Life."

Ask:

"What does bread do?"

Expected answers:

- Gives strength, Sustains life, Stops hunger

Explain:

Just as bread nourishes the body, Jesus nourishes the soul. Many people spend their lives chasing:

- Popularity, Success, Possessions, Entertainment

These things may make us happy for a little while, but they cannot fill the heart forever. Christ alone gives peace, purpose, forgiveness, and eternal life.

Armenian Orthodox Connection (10 minutes)

In the Armenian Church, this passage has a special meaning. Every Sunday we celebrate the Divine Liturgy (Soorp Badarak). During the Badarak, we remember Christ's sacrifice and receive His Body and Blood in Holy Communion. Jesus is not merely a teacher who gives information. He gives Himself. The Bread of Life teaching prepares believers to understand the mystery of Holy Communion.

Ask: "What happens when we receive regular bread?"

It becomes part of us.

Then explain: In Holy Communion, Christ draws us into deeper union with Him and strengthens our spiritual life.

This is why the Armenian Church teaches that participation in worship is not simply a duty. It is spiritual nourishment.

Interactive Activity: Hunger and Fullness (10 minutes)

Provide paper and pencils.

Create two columns.

Column 1

Things people chase to be happy:

Examples:

- Video games
- Money
- Popularity
- Sports
- Social media

- Good grades

Column 2

Things that help us grow closer to Christ:

Examples:

- Prayer
- Church attendance
- Bible reading
- Helping others
- Holy Communion
- Family worship

Discuss:

Are the things in Column 1 bad?

Not necessarily.

But they cannot satisfy our deepest spiritual needs.

Only Christ can.

Discussion Questions

1. Why did Jesus say faith is the work God desires?
 2. What was wrong with the crowd constantly asking for signs?
 3. Why is Jesus called the Bread of Life?
 4. What are some "temporary breads" people depend on today?
 5. How does prayer feed our spiritual life?
 6. How does Holy Communion connect with this passage?
 7. What can you do this week to seek Christ more intentionally?
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Life Application

Everyone experiences hunger. We feed our bodies every day because they need nourishment. Our souls need nourishment too.

When we ignore prayer, Scripture, worship, and communion with God, our souls become spiritually weak. Jesus invites us to come to Him daily.

He promises that whoever comes to Him will never be turned away and will never truly hunger again.

Whenever we feel lost, lonely, discouraged, angry, or fearful, we should remember Christ's invitation:

"Come to Me."

Key Takeaway

The people wanted bread that lasted for a day. Jesus offered Bread that lasts forever. As Armenian Orthodox Christians, we believe that Christ Himself is the Bread of Life who nourishes us through faith, prayer, Scripture, the Divine Liturgy, and Holy Communion. Nothing in this world can satisfy us as completely as a life rooted in Him.

Memory Verse

"I am the Bread of Life. Whoever comes to Me shall not hunger." (John 6:35)

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Yes em hatsun kenats

Challenge students to memorize the verse during the week and discuss it with a family member.