

**CHILDREN'S LITURGY OF THE WORD.**

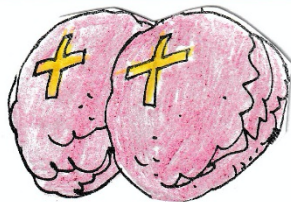
**18<sup>TH</sup> SUNDAY IN ORDINARY TIME.**

**LECTIONARY: YEAR B.**

**1<sup>ST</sup> AUGUST 2021.**

**COLOUR: GREEN.**

**I AM THE BREAD OF LIFE.**



1<sup>ST</sup> READING: EXODUS: 16:2-4, 12-15.

RESPONSORIAL PSALM: Ps77: 3-4, 23-25,54.

2<sup>ND</sup> READING: EPHESIANS: 4; 17, 20-14.

GOSPEL: JOHN: 24-35.

PRAYER SPACE: Dear Parent's/Guardians, please prepare green tablecloth, candles, Bible [preferably a children's bible, catholic edition] bread.

### GOSPEL REFLECTION:

In today's Gospel we hear Jesus saying, that He is the bread of life.

Why do you think Jesus call Himself bread?

Jesus knows that the bread we eat each day is important to keep us strong and healthy. But He tells the people that He is offering much more than ordinary bread. He is offering Himself – **THE BREAD OF LIFE**. There are more kinds of hunger, than just for food.

Can you think of other ways we can be hungry?

We can be hungry to receive Jesus in Holy Communion, so we can be happy and full of life.

Jesus knows that we need to have His life within us so that we can be truly happy.

When we receive Jesus in the Eucharist, we are nourished and given strength to follow Him and live as he lived.

Although it looks and taste like bread, it is also our Spiritual Food, The Body Of Christ, which is why Jesus is reminding and encouraging the people in today's story, and also for us today, to invite Him into our lives.

Jesus says: **BELIEVE, TRUST IN ME, HAVE FAITH.**

**FAMILY PRAYER:** Thank you Jesus, our Bread of Life. We trust you and put our faith in you. Help us to learn to honour you and put ourselves in your hands. Amen

## **I AM THE BREAD OF LIFE TRIVIA.**



**From today's Gospel: John 6: 24-35.**

**Q: The people crossed to what place?**

**A: Galilee--- Nazareth--- Capernaum.**

**Q: Who did they find there?**

**A: John--- Jesus--- Peter.**

**Q: What did the people say to Him?**

**A: When did you get here?--- We don't know where you  
Were.**

**Q: What important things he said to them?**

**A: Not because you believe in me--- You're hoping I'm  
Going to give you free food again.**

**Q: What else he said to them?**

**A: Be at peace--- You need to follow me---  
You need to believe in me.**

**Q: What food did God give the Israelites in the desert?**

**A: Fish--- fruit---Manna.**

**Q: What was Manna?**

**A: Fruit--- bread from Heaven--- vegetables.**

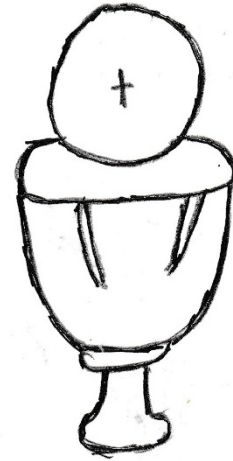
**Q: What words did Jesus say to the people?**

**A: You need bread from heaven to feed their souls—or to  
Feed their bodies.**



I AM THE BREAD OF LIFE COLOURING PAGE.

I AM



THE

BREAD

OF LIFE.

