



# Growing FAITH at home

PROPER 13

YEAR B

**Jesus is the  
bread of life.**



**growministries**  
LCA CHILD YOUTH & FAMILY MINISTRY



[www.growministries.org.au](http://www.growministries.org.au)

Sunday between  
July 31 and August 6



## CONVERSATIONS

*Share your highs and lows, or respond to the following:*

1. Talk about a time you were really hungry.
2. Jesus called himself the bread of life. He said that those who come to him will never go hungry. What do you think he meant?
3. Without food, hunger is something that can happen to us every day. How are you fed by Jesus, the bread of life, so you do not experience spiritual hunger?



## BIBLE READINGS

*Read the following Bible readings throughout this week.  
Talk about what words or phrases stand out for you.*

|          |                            |                                |
|----------|----------------------------|--------------------------------|
| <b>S</b> | <b>John 6:24-35</b>        | Jesus is the bread of life     |
| <b>M</b> | <b>Exodus 16:2-4, 9-15</b> | Bread from heaven              |
| <b>T</b> | <b>Ephesians 4:1-16</b>    | Unity in the body of Christ    |
| <b>W</b> | <b>Matthew 6:9-13</b>      | The Lord's Prayer              |
| <b>T</b> | <b>Deuteronomy 8:1-10</b>  | You do not live by bread alone |
| <b>F</b> | <b>Isaiah 55:1-11</b>      | The abundant life              |
| <b>S</b> | <b>Psalms 78:23-29</b>     | God feeds the people           |

## VERSE OF THE WEEK

Jesus said to them, "I am the bread of life.  
Whoever comes to me will never be hungry, and  
whoever believes in me will never be thirsty."

JOHN 6:35



## CREATIVE RESPONSE

Fasting is a tradition found in many religions.

For Christians, one reason for fasting is to be aware of how dependent we are on food and on God to stay alive. Fasting and prayer go together.

There are many ways to fast, from avoiding all foods to restricting one's diet for a specific period of time.

Choose a fast that works for you.

When you end your fast enjoy some food while reading John 6:24-35.

Reflect on the presence of your Lord Jesus Christ, the bread of life.

Conclude the time by praying the prayer from this week's Growing Faith at Home.



## ACTION RESPONSE

As Jesus feeds us spiritually and physically, he invites us to feed others.

Gather some grocery items to donate to a local food pantry that serves the needy in your community.

Pray for the people that will receive these gifts.



## MEALTIME PRAYER

Jesus, bread of life,  
feed us, body and  
soul. Jesus, bread  
from heaven, come  
and make us whole.  
Amen.



## PRAYER

Lord Jesus, we  
come to you to be  
fed. Fill us that we  
may do the work  
of God by believing  
in you. Amen.



## BLESSING

May Jesus, the  
bread of life, fill you  
with faith, hope,  
and love now and  
always.