



Growing FAITH at home

PROPER 13

YEAR B

JESUS IS THE BREAD OF LIFE



growministries
LCA CHILD YOUTH & FAMILY MINISTRY



where love comes to life

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. What is one of your favourite meals?



BIBLE READINGS

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

1st reading

Exodus 16:2-4, 9-15
Bread from
heaven

2nd reading

Ephesians 4:1-16
Unity in the body
of Christ

Gospel reading

John 6:24-35
Jesus is the
bread of life

DISCUSS

Without food, hunger is something that can happen to any of us. How are you fed by Jesus, the bread of life, so you do not experience spiritual hunger?



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.



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.



MEALTIME PRAYER

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



BLESSING

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

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

VERSE OF THE WEEK

