



Week beginning September 21st

Harvest-Bread of Heaven

Opening Questions

- These days there are many kinds of bread in the shops. How many can you list? Which is your favourite?
- In what ways have you trusted God to provide something recently? What happened?

Getting into the text

Read John 6:25-35

- Why did the people come to find Jesus?
- In contrast, what did he say they should be looking for? How would they receive it?
- What do you think Jesus means by claiming to be the 'bread of life?'

- In what sense will those who come to Jesus never be hungry or thirsty?

Applying the Bible to your life

- How do you come to Jesus and feed on him in your daily life? Can you share any spiritual practices which help you? How do you deal with any distractions which get in the way?

- How do think taking communion might link with this passage? What could you do in the next communion service to help you reflect more deeply on Jesus, 'the bread of life?'

Something to pray about

In Isaiah 55:2 God declared, **'Why spend money on what is not bread, and your labour on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare.'**

- Pray for those you know who need to come to know Jesus as the bread of life.
- At this harvest time pray for the areas of the world where people are suffering from physical hunger and famine. Ask God to strengthen and encourage those who are trying to bring help to those who need it.
- Pray for the work of the Food Bank as it helps to support those in need in this community.