2026-06-07 Jesus Satisfies Sinners

Introduction

In this lesson, children will learn that Jesus is the Bread of Life, the only One who can truly satisfy a sinner's deepest hunger. Through the story of Jesus feeding the 5,000 (John 6:1-14, 26-35), children will see that Jesus miraculously fed a hungry crowd with just five small loaves and two fish. But Jesus does more than fill tummies. Jesus said, "I am the bread of life; whoever comes to me shall not hunger." Our tummies get hungry again, but the happiness Jesus gives to His friends lasts forever. Food cannot heal our hearts. Food cannot forgive our sins. Only Jesus can satisfy the deepest hunger of a sinful heart, and only those who trust in Him will be truly happy forever.

Main Ideas:

- **Jesus Provides:** Jesus knows what we need and has the power to provide it.
- **Jesus is God:** Only God can multiply food from almost nothing. Jesus did it with a word.
- **Bread of Life:** Our biggest hunger is not for food, it is for a Savior. Jesus is the Bread of Life.
- **Satisfied Forever:** Full tummies get empty again. Jesus makes His friends truly happy forever.

Praise and Worship (15 mins)

> **Parents:** The parent and child scheduled for this week will lead us in singing on Sunday. Please take time to practice the songs together at home, helping your child feel confident and joyful as they prepare to lead.

https://www.youtube.com/embed/oBNGHccTyaE

https://www.youtube.com/embed/vAaQS0poL-Q

Prayer and Offering (5 mins)

> **Parents:** Please encourage your children to bring an offering to church. You may help your child prepare by setting aside a coin for them to bring on Sunday. This is a great opportunity to teach them about giving to God with a thankful heart and trusting Him to provide.

> “ What is Offering?

> Offering is when we **give something to God** to show our love and thankfulness. In church, we often give money as an offering, but we can also give our time, talents, and kindness to God and others.
>
> ### Why Do We Make an Offering?
>
> **To Thank God** – Everything we have comes from God! Giving back is a way to say, “Thank You, God!”
> **To Trust God** – When we give, we show that we trust God to take care of us.
> **To Help Others** – Offerings help the church teach about Jesus, help people in need, and share God’s love.
>
> The Bible says in 2 Corinthians 9:7,
> *"God loves a cheerful giver!" That means God is happy when we give with a joyful heart!*

Prayer for Offering

> “ Dear God, thank You for giving us everything we need. We want to give back to You with joyful hearts. Please use our offering to help others and share Your love. Help us to always trust You. In Jesus’ name, Amen!

Review Verse from Last Week

John 14:1

[Jesus said,] "Let not your hearts be troubled. Believe in God; believe also in me."

Bible Story (10 min)

Introduction (2 min)

Props Needed:

- A basket or small picnic basket
- 5 small dinner rolls or small loaves of bread (if allergies, use 5 cracker pieces)
- 2 paper fish cutouts (or small rubber fish toys)
- A small bandage (for the illustration)
- A small plate with a snack and a small doll or stuffed animal

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> *(Walk in holding your tummy and making a grumbling sound.)*
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> **Teacher:** "Oh my tummy! Can you hear that? My tummy is making funny noises! What is my tummy telling me?"

> **Interaction:** "Put your hand on your tummy. Can you make a growling noise? Grrrrrrr!"
>
> **Teacher:** "When our tummy growls, we know it is time to EAT! We are hungry. Pretend that I am at home playing outside, and my tummy says, 'GRRRR, time for lunch!' So I start to run to the door, and just as I get there..."
>
> *(Pretend to trip and fall, then act like you scraped your knee.)*
>
> **Teacher:** "OUCH! I fell! My knee is bleeding! It hurts! Help, Mommy!"
>
> *(Hold up the plate of snack.)*
>
> **Teacher:** "Now, if my mom came running out and said, 'Here, eat your sandwich while you lie there crying,' would that help my knee?"
>
> **Interaction:** "Shake your head NO!"
>
> **Teacher:** "No! Right then, I don't want a sandwich. I want a HUG from mom. I want a BANDAGE. Later, when my knee is better, then I'll want the sandwich. Food is good, but sometimes we need something even more than food."
>
> **Teacher:** "Today we are going to hear about a time when Jesus fed a HUGE crowd of hungry people. And then Jesus will teach them (and us) that we need Him EVEN MORE than we need food. Let's listen."

Story Telling: Jesus Satisfies Sinners (8 min)

Props / Visuals Suggested:

- Small picnic basket
- 5 small rolls or cracker pieces
- 2 paper fish cutouts
- Enough small bread/cracker pieces hidden to give every child a piece (for the "Jesus multiplies it" moment)

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> ### Part 1: A Huge Crowd and No Food (2 mins)
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> **Teacher:** "One day, Jesus went up on a hillside to teach. And a HUGE crowd of people followed Him. Do you want to know how many? Five THOUSAND men, plus all the women and children. So maybe ten thousand or more people!"
>
> **Interaction:** "Spread your arms out super wide! Now look around the room. Imagine LOTS and LOTS of people!"
>
> **Teacher:** "The people listened to Jesus teach all day long. They loved being with Jesus. But then the sun started to go down. And guess what happened to all those tummies?"

Interaction: "Put your hand on your tummy. GRRRRR! Hungry! Everybody making growling sounds!"

Teacher: "The disciples came to Jesus and said, 'Jesus, it's getting late. We are out in the middle of nowhere. There are no stores. There are no restaurants. And there are TONS of hungry people. What are we going to do?'"

Teacher: "Jesus asked, 'Is there ANY food here at all?' Andrew, one of the disciples, found a little boy in the crowd. And this little boy had a small basket with him."

(Hold up the basket.)

Teacher: "Inside his basket was his lunch. Just his little lunch. What do you think he had?"

(Pull out the 5 loaves one by one.)

Interaction: "Let's count the rolls! One, two, three, four, five!"

(Pull out the 2 fish.)

Interaction: "And two little fish!"

Teacher: "Five little loaves, and two little fish. Do you think that is enough for ten thousand people?"

Interaction: "Shake your head NO!"

Part 2: Jesus Makes a Lot from a Little (2 mins)

Teacher: "But the little boy did something wonderful. He GAVE his little lunch to Jesus. He didn't keep it for himself. He trusted Jesus with everything he had."

Interaction: "Pretend to hold out a basket with both hands. 'Here, Jesus, you can have my lunch!'"

Teacher: "Jesus took the five loaves and two fish. He looked up to His Father in heaven, and He THANKED God for the food. Everyone, let's bow our heads like Jesus did."

Interaction: "Bow your heads. Fold your hands. Say, 'Thank You, God, for this food.'"

Teacher: "Then Jesus started BREAKING the bread into pieces. And breaking more. And more. And more. And the food KEPT COMING. It never ran out! The disciples passed it out to all the people, and everyone got some. And everyone's tummy got full."

(Now pass out small bread/cracker pieces to every child from your hidden supply.)

Interaction: "Here comes your piece! Just like Jesus did that day. Everybody takes a little bite."

Teacher: "And when everyone was FULL, the disciples went and gathered up the leftovers. They filled TWELVE baskets with bread that was left over! Jesus took a little tiny lunch, and He made it into a feast for thousands of people. Only God can do that."

Interaction: "Let's say it together: 'Only Jesus!' 'Only Jesus!'"

Part 3: The People Come Back for More Bread (2 mins)

Teacher: "The people were AMAZED. They had never seen anything like this. They said, 'This Jesus must be very special!' They went home to sleep. But the NEXT morning, they came running back to find Jesus."

Interaction: "Run in place! Where is Jesus? We want more!"

Teacher: "And when they found Jesus, Jesus knew what they were thinking. Jesus said, 'You are not looking for Me because you understood the miracle. You are looking for Me because your tummies got full and you want more bread.'"

Teacher: "Jesus wanted the people to understand something important. Jesus said, 'Do not work only for food that spoils and runs out. Work for the food that lasts FOREVER, the food that gives you life with God.'"

Teacher: "And then Jesus said the big thing. Jesus said, 'I am the BREAD OF LIFE. Whoever comes to Me shall not hunger. Whoever believes in Me will never be thirsty.'"

Interaction: "Pat your tummy. Shake your head. 'Not hungry anymore. Not with Jesus!'"

Part 4: The Hunger That Only Jesus Can Fill (2 mins)

Teacher: "Now, Jesus was not saying we will never get hungry again. When you eat breakfast, will you be hungry for lunch?"

Interaction: "Nod YES! Yes, we will!"

Teacher: "That is normal. Our tummies get empty again. But Jesus was talking about a DIFFERENT hunger. A HEART hunger. Our hearts are hungry for something bigger than food."

Teacher: "Our hearts are hungry to be LOVED. Our hearts are hungry to be FORGIVEN. Our hearts are hungry to never, ever be alone. Our hearts are hungry to live with God forever. That is a big, deep hunger. And food cannot fill that hunger."

Interaction: "Put your hand on your heart. That's where the big hunger is!"

Teacher: "Think about it. When you are sick, does a cookie make you well? No, you want mom's hug. When you are scared, does a sandwich make you brave? No, you want your dad. When you are lonely, does ice cream make you not lonely? No, you want a friend."

Teacher: "Only JESUS can fill our heart hunger. Jesus forgives our sins. Jesus brings us into God's family. Jesus promises that we will be with Him forever. When we trust in Jesus, our heart is SATISFIED. That is a happiness that never runs out."

Interaction: "Rub your tummy like after a big meal. Big smile! 'Full! Happy! Thanks, Jesus!'"

Teacher: "Jesus is more than food. Jesus is the BREAD OF LIFE. When we come to Him, we are truly satisfied. Full of joy. Full of love. Full of God. Forever."

Review with Actions

Teacher: "Let's remember the story with actions!"

- **Teacher:** "Ten thousand hungry people!" *(Kids spread arms wide and rub tummies.)*
- **Teacher:** "Only five loaves and two fish." *(Kids hold up 5 fingers, then 2.)*
- **Teacher:** "The little boy gave his lunch to Jesus." *(Kids hold out pretend basket.)*
- **Teacher:** "Jesus thanked God and broke the bread." *(Kids fold hands, then pretend to break bread.)*
- **Teacher:** "Everyone ate until they were full!" *(Kids pretend to chew and pat tummies.)*
- **Teacher:** "Twelve baskets of leftovers!" *(Kids count to 12 on fingers.)*
- **Teacher:** "Jesus is the Bread of Life." *(Kids put hands over hearts.)*
- **Teacher:** "With Jesus, we are always satisfied!" *(Kids rub tummies and smile big.)*

Teacher: "Now faster!"

- "Hungry people!" *(Tummies.)*
- "Little lunch." *(5 fingers, 2 fingers.)*
- "Give it to Jesus." *(Hold out basket.)*
- "Jesus made it a feast!" *(Break bread.)*
- "Everyone full!" *(Pat tummies.)*
- "Jesus is the Bread of Life!" *(Hand on heart.)*
- "Satisfied!" *(Big smile.)*

Wrap-up & Discussion (4 min)

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(Gather children close for reflection.)

Discussion Questions:

Teacher: "Let's think about what we learned today."

Question: "How many people did Jesus feed, and with how much food?"

Teacher Key: Thousands and thousands of people. With only five small loaves and two little fish. Only God could do that.

Question: "How did the little boy help in the miracle?"

Teacher Key: He gave Jesus all his food, even though it was only a small lunch. Jesus took what the boy gave and made it more than enough.

Question: "Why did the people come looking for Jesus the next day?"

Teacher Key: They wanted more bread for their tummies. But Jesus wanted them to want HIM, not just more food.

Question: "What does Jesus mean when He says He is the Bread of Life?"

Teacher Key: Jesus satisfies our biggest, deepest hunger, our heart hunger for God. Food fills our tummies for a few hours. Jesus fills our hearts forever.

Question: "Can food, toys, or candy make us truly happy forever?"

Teacher Key: No! They are good gifts, but they run out. We get hungry again. We get bored of the toy. Only Jesus gives a happiness that lasts.

Question: "How does Jesus make His friends truly satisfied?"

Teacher Key: He forgives our sin. He gives us His love. He makes us part of God's family. He promises us a home with Him forever.

Teacher: "Our tummies will always get hungry again. That's how God made them. But our hearts do not have to keep being empty. When we trust in Jesus, our hearts are filled with a joy that never runs out."

Closing Thought & Prayer

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Teacher: "Jesus takes care of our tummies AND our hearts. He is the Bread of Life. When you eat this week, thank God for the food. And remember, the deepest hunger you have is only filled by Jesus Himself. Come to Jesus and be satisfied forever."

(Fold hands and bow heads.)

Prayer: "Dear Jesus, thank You for giving us food to eat every day. Thank You even more that You give us Yourself, the Bread of Life. Fill up our hearts with You. Help us to know that You are better than any cookie, any candy, any toy, any thing in the whole world. In Jesus' name, Amen."

Memorizing Verse: John 6:35a

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> **John 6:35a**
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> [Jesus said,] "I am the bread of life; whoever comes to me shall not hunger,"
>
> **Hand Gestures:**
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> - **"I am..."**: Point to yourself (as if Jesus is speaking), then to an imaginary Jesus.
> - **"...the bread of life;"**: Cup hands together like holding a loaf of bread, then raise it up high.
> - **"whoever comes to me..."**: Beckon with your hand, pulling people in toward yourself.
> - **"shall not hunger."**: Pat your tummy and shake your head (not hungry anymore!).
>
> **Teacher Tip:** Pair the verse with a call-and-response. Teacher: "Jesus said..." Kids: "I am the bread of life!" Teacher: "Whoever comes to Him..." Kids: "Shall not hunger!" Do it while rubbing tummies and smiling. This helps 4-6 year olds connect the words to the satisfied feeling.

Craft & Game (10 mins)

Game: "What Fills the Hunger?" Sorting

Children sort picture cards into two piles: "Tummy Hunger" (things that fill our tummies) and "Heart Hunger" (things our hearts need). They discover that only Jesus can fill the heart hunger. Cards showing Jesus, love, forgiveness, and family belong in the Heart Hunger pile. Food, toys, and candy belong in the Tummy Hunger pile but they always run out.

? **Time:** 5 minutes

? **Age Group:** 4-6 years

? **Lesson Connection:** Reinforces that food and things only fill us up for a little while. Jesus, the Bread of Life, fills our hearts forever.

? Setup & Materials Needed:

- Two signs: "Tummy Hunger" (with a picture of a growling tummy) and "Heart Hunger" (with a picture of a heart)
- Picture cards with images: sandwich, apple, pizza, cookie, toy, candy, Jesus, a hug, a cross, a smiling family, a Bible, forgiveness (picture of a heart being cleaned)
- Optional: a small bag of crackers or pretzels as a snack at the end

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? How to Play:

Step 1: Lay out the two signs. Shuffle the cards.

Step 2: Have a child pick up a card. Ask: "Is this for your tummy or for your heart?" Place the card under the matching sign.

Step 3: Keep going until all cards are sorted. Celebrate as you find Jesus cards: "Only Jesus can fill a heart!"

Step 4: After all cards are sorted, look at the Tummy Hunger pile and say: "These are good! God gives us these things. But they always run out. We get hungry again, the toy breaks, the candy is all gone."

Step 5: Look at the Heart Hunger pile and say: "But THESE, especially Jesus, never run out. Jesus fills our hearts FOREVER." Everyone pats their tummy and their heart.

Step 6: Teacher asks: "What is Jesus called that fills our hearts forever?" (The Bread of Life!)

Craft: "Bread of Life" Basket

Children make a paper basket with a little loaf inside. On the loaf is written "Jesus is the Bread of Life." On the outside of the basket, they write or draw things they are thankful Jesus gives them (love, family, forgiveness, home forever). A take-home reminder that Jesus fills the heart.

Materials: Pre-cut paper basket shapes (like a half-circle with a handle), a pre-cut bread/loaf shape, crayons or markers, glue sticks, the memory verse strip printed on small paper.

The Activity:

- **Step 1:** Color the basket brown or tan, to look like a woven basket.
- **Step 2:** Color the bread/loaf golden-brown. On one side of the loaf, write (or help the child write): "Jesus is the Bread of Life."
- **Step 3:** Glue the bread inside the basket so it looks like it is sitting in the basket.
- **Step 4:** On the outside of the basket, have children draw or write things Jesus gives them that fill their hearts: a cross, a heart, their family, the Bible, a prayer, etc.
- **Step 5:** Glue the memory verse strip below the basket: "I am the bread of life; whoever comes to me shall not hunger." (John 6:35a)
- **Take Home:** Children show their family: "Jesus is the Bread of Life! Food fills my tummy for a little while, but Jesus fills my heart forever."

Response Song

https://www.youtube.com/embed/lmgUKoFKM60

Closing Prayer & Snack Time (10 mins)

> "Dear Jesus, thank You that You feed our tummies every day. Thank You more that You are the Bread of Life for our hearts. When we feel empty, hungry, lonely, or sad, remind us that only You can fill us up. Help us to come to You every day. In Jesus' name, Amen."
>
> Now, let us thank You for the snack we're about to enjoy.
> We fold our hands.
> We bow our heads.
> We thank You, God,
> for this daily bread.
> Amen.

Free Time & Children Pickup (15 mins)

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