

CATECHESIS@HOME 2021 #20

"I AM THE BREAD OF LIFE"

(18th Sunday of Ordinary Time)



Prepared by Archdiocesan Catechetical Centre
Archdiocese of Kuala Lumpur



INTRODUCTION

This material has been prepared to provide families an opportunity to gather and spend time reflecting and discussing about the scripture readings of 18th Sunday of Ordinary Time.

HOW TO USE THE MATERIAL

This document contains activities that members of the family may complete individually (just the children), in pairs (with parental assistance), or as an entire family. It would be helpful to print a hard-copy, so that members of your family may carry out different activities at the same time.

WHEN TO USE THE MATERIAL

During the week after the family has celebrated the Mass of 18th Sunday of Ordinary Time

OPENING PRAYER

Heavenly Father, we thank you for the gift of each one gathered here in your presence today. Thank you, Lord Jesus, for bringing us the gift of life and faith. Holy Spirit, the Spirit of Peace, guide us during this family gathering. We make this prayer in Jesus' name, Amen.



SCRIPTURE REFLECTION

Invite someone to read John 6:24-35. Then, as a family reflect on the questions given below and share your responses with one another. If necessary, parents are encouraged to rephrase the information and questions according to their children's level of understanding.

Time of reflection and response:

The crowds went to Capernaum looking for Jesus; but he saw that they came to him because he had given them bread to eat. He said to them, "Work for the lasting food which gives eternal life."

What am I looking for in life? What is the food that God gives me every day?

The Jews then asked him, "What is the work that God wants us to do?" And Jesus answered them, "The work God wants is for you to believe in the One he sent."

What is the work that God wants me to do? What does he ask of me today?

They said, "Show us signs that we may see and believe you. Give us bread from heaven to eat."

Do I truly believe that God will provide for me, especially during this difficult time? What is the bread that I am asking for today?

Jesus said to them, "I am the bread of life; whoever comes to me shall never be hungry and whoever believes in me shall never thirst."

During this pandemic, when I am unable to receive the Eucharist, what can I do to remain close to Jesus, the bread of life?

Jesus tells us that He is the One sent by the Father, the true bread that will give us eternal life. He asks us to believe in Him and to trust in God's love and care for us. Today, we remember His promise and trust that we will always find what we need when we turn to Him.

Say together as a family:

"Lord Jesus, you came down from heaven that we might have life in your name. You ask us to believe and to put our hope in you. We know that you love us and watch over us always. May we continue to grow in our faith and follow you, especially in times of trouble."

FOLLOW-UP ACTIVITIES

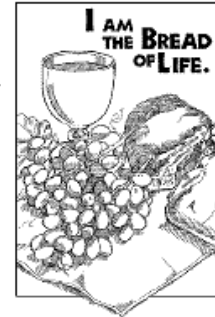
Below you will find some activities for younger children, revolving around the first reading and the Gospel passage. Select the activities you would like to complete with your children, or try to complete them all if you can!

Activity #1: Find the Words.

Looking for a Sign

Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty. John 6:35 (NIV)

Based on John 6:24-35 (NIV)



H B B U Y R Z H L G L I F E H
P C E L K K A F L W U A G C E
H B L M G J S B Q B L V E B A
B I I R T Q Q N B W T R U E V
F S E Y H R I K N I O R G L E
L F V D U V U P A M O S E S N
F F E H N H Y T P Z D C O G A
D A S I G N S N H J Q M J Y L
F E T X R L O A V E S I T A C
L L S H Y L F L W X B S N X V
O S A E E F O Y M H R R N H Z
L K R K R R O I P I E U Z I D
S I W Z E T D N H T A Z F T A
E Q F V Z A E T E D D I E E T
U F L E M A N N A K Z Q O G B

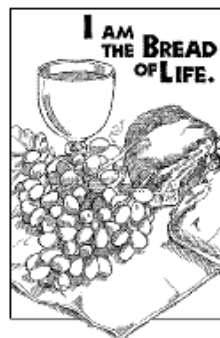
LIFE	HEAVEN	LOAVES	TRUTH	FATHER
ETERNAL	TRUE	MANNA	DESERT	MOSES
SIGNS	FILL	THIRSTY	LAKE	BREAD
RABBI	BELIEVE	LIFE	HUNGRY	FOOD

Activity #2: Break the Code

Looking for a Sign

Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty. John 6:35 (NIV)

Each number represents a letter of the alphabet. Substitute the correct letter for the numbers to reveal the coded words.



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
U	J	D	P	S	T	V	W	M	L	F	Y	C	Q	X	O	Z	G	H	I	K	E	A	R	B	N

- 22-6-22-24-26-23-10 _____
- 25-22-10-20-22-7-22 _____
- 19-22-23-7-22-26 _____
- 10-20-11-22 _____
- 5-20-18-26 _____
- 6-19-20-24-5-6-12 _____
- 19-1-26-18-24-12 _____
- 25-24-22-23-3 _____

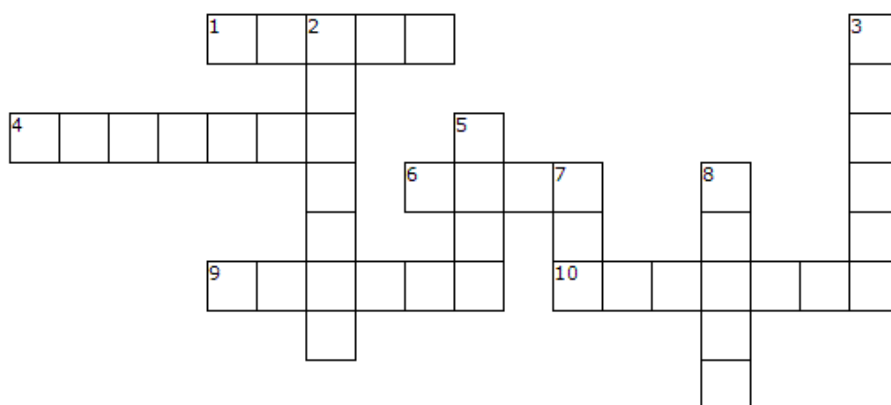
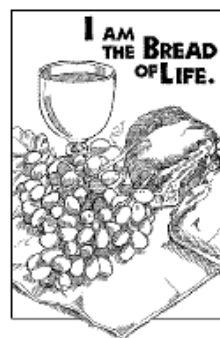
SIGN	BREAD	BELIEVE	HEAVEN
ETERNAL	LIFE	HUNGRY	THIRSTY

Activity #3: Solve the Puzzle

Looking for a Sign

Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty. John 6:35 (NIV)

Based on John 6:24-35 (NIV)



ACROSS

1. A food made from flour and water, mixed together and baked
4. To accept something as being true
6. The period between birth and death
9. The place where God and the angels live
10. To have a desire for water.

DOWN

2. To last forever; to be without end
3. To have a desire for food
5. A signal that something exists or might happen in the future
7. To put food into your mouth, chew it, and swallow it
8. The earth with its inhabitants

HEAVEN	ETERNAL	WORLD	HUNGRY	SIGN
EAT	THIRSTY	BREAD	BELIEVE	LIFE

Activity #4: Unscramble the Message.

Unscramble the words in the boxes. Complete the sentence below using the letters in the numbered boxes to find out what Jesus said to the crowd.

RDEBA

--	--	--	--	--

6 7 14 10

LAEK

--	--	--	--

2

NLARETE

--	--	--	--	--	--	--	--

3

SGIN

--	--	--	--

1

VNAHEE

--	--	--	--	--	--

4 8 9

HURYGN

--	--	--	--	--	--

THYTSRI

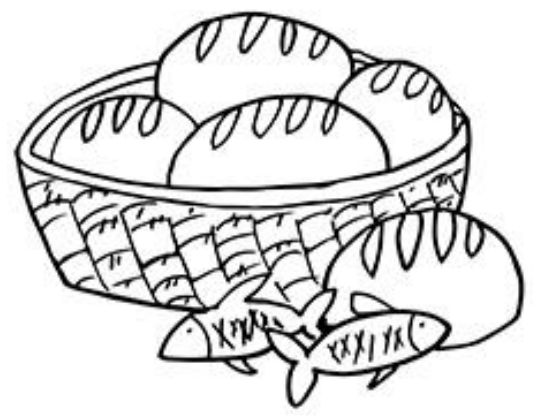
--	--	--	--	--	--	--	--

13

EILF

--	--	--	--

12 11 5



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	M
--	---

--	--	--

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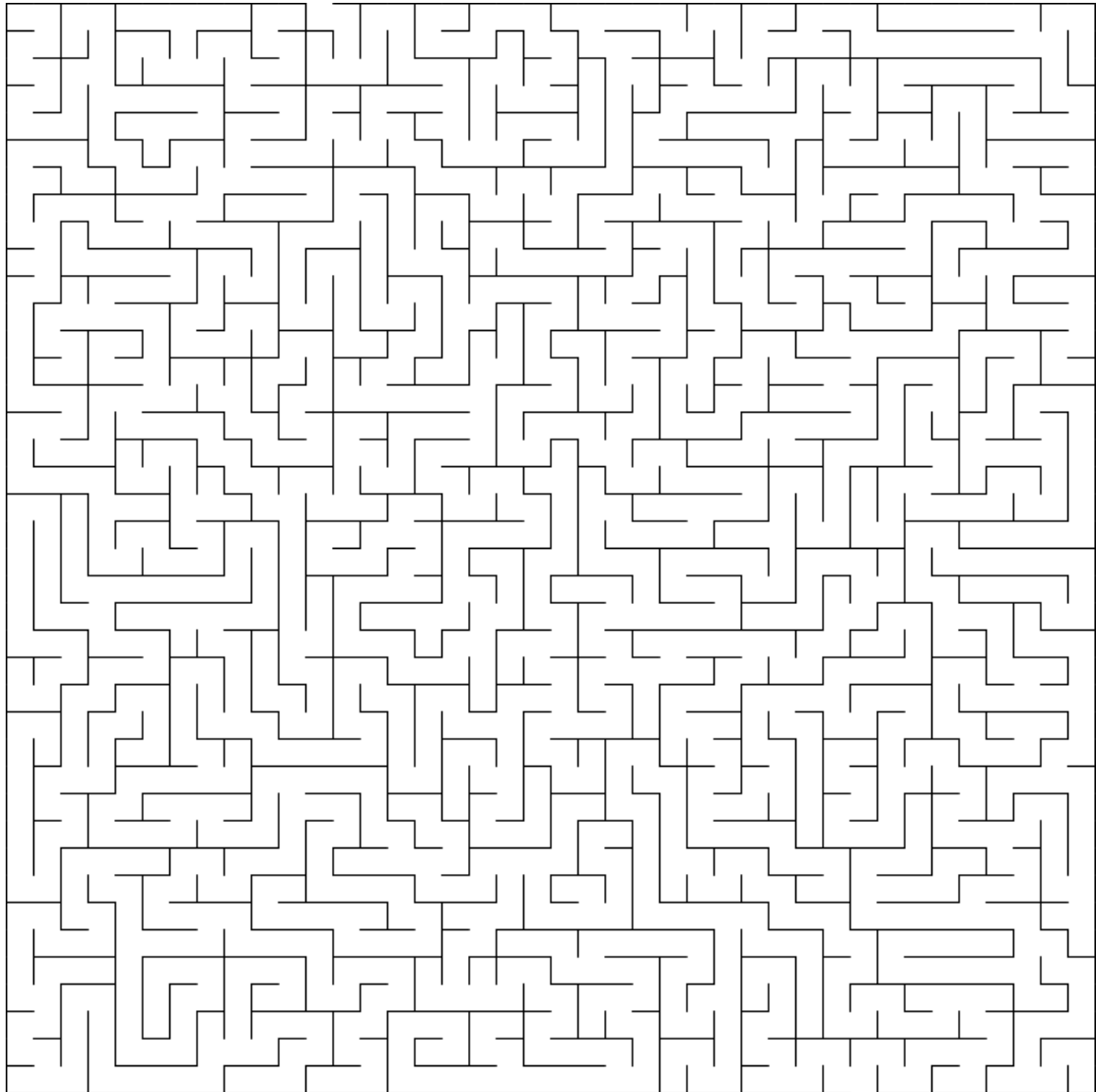
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1 2 3 4 5 6 7 8 9 10 11

--	--	--	--

12 13 11 14

Activity #5: Help the crowd find Jesus.



Activity #6: Find the Words

Manna from Heaven

When the Israelites saw it, they said to each other, "What is it?" For they did not know what it was. Exodus 16:15a (NIV)

Based on Exodus 16:2-15 (NIV)



K O D V X E D M J X N Z Z V U
G R U M B L E D P E P C X W G
A V E A E I D K V S T B A L R
H X N F G L S A I D G R G O P
G M O Q Y H E R R E B E V R U
S J U G P H K E A S R A J D A
O X G P T L H L G E B D S P X
D Z H T P T C C H R L G O D M
M A L G A S Z T G T C I T P B
W V Y G G X A N H F E A T N Z
K U J B O G I O K V E U M E V
M O S E S N M Y R A F D R P S
B U T O R D E A T H O L T U V
W C E O S J T A A R O N H T R
L J M U D S Q I L P D E A T A

GOD	FOOD	AARON	ISRAELITES
STARVE	EAT	ENOUGH	HEAVEN
DEATH	DAY	GATHER	MOSES
CAMP	LORD	EGYPT	BREAD
GATHER	GRUMBLED	DESERT	MORNING

Activity #7: Break the Code

Manna from Heaven

When the Israelites saw it, they said to each other, "What is it?" For they did not know what it was. Exodus 16:15a (NIV)

Each number represents a letter of the alphabet. Substitute the correct letter for the numbers to reveal the coded words.



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
F	I	G	B	D	X	U	T	M	L	P	W	V	A	E	Y	C	O	S	Z	R	J	H	K	Q	N

- 19-8-14-21-13-15 _____
- 3-21-7-9-4-10-15 _____
- 23-15-14-13-15-26 _____
- 5-15-19-15-21-8 _____
- 5-15-14-8-23 _____
- 3-14-8-23-15-21 _____
- 3-21-18-7-26-5 _____
- 4-21-15-14-5 _____

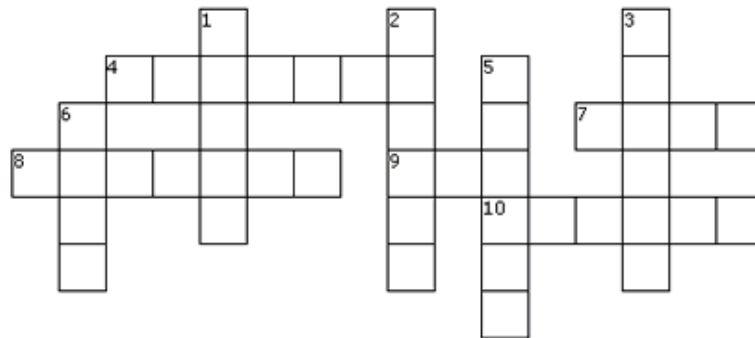
BREAD	HEAVEN	GROUND	STARVE
GRUMBLE	GATHER	DESERT	DEATH

Activity #8: Solve the puzzle.

Dinner on the Ground



"I have heard the grumbling of the Israelites. Tell them, 'At twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the LORD your God.'" Exodus 16:12 (NIV)



ACROSS

- 4. To complain; express feelings dissatisfaction, or resentment
- 7. A place where tents or temporary shelters are set up by travelers
- 8. The early part of the day, lasting until noon
- 9. To take food into the body through the mouth
- 10. The place where God is

DOWN

- 1. A small game bird with a rounded body and short tail
- 2. A dry, sandy area with little rainfall
- 3. To suffer or die from the lack of food
- 5. To pick up or collect into one place
- 6. Something that is eaten to provide nourishment for our bodies

WORDS USED

desert	food	heaven	morning	camp
grumble	starve	gather	quail	eat

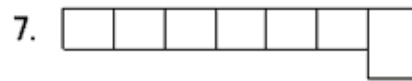
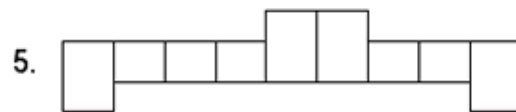
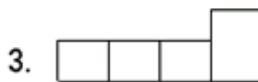
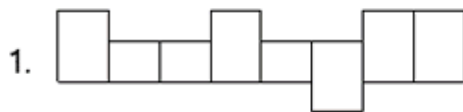
Activity #9: Solve the Puzzle

Dinner on the Ground

"I have heard the grumbling of the Israelites. Tell them, 'At twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the LORD your God.'" Exodus 6:12 (NIV)



Enter the correct words in the boxes based on the shape of the letters.



twilight	bread	filled	know
meat	heard	morning	grumbling



Activity #10: Coloring Page.

