

# CATECHESIS@HOME 2021 #21

## I AM THE LIVING BREAD

(19<sup>th</sup> 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 19<sup>th</sup> 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 19<sup>th</sup> Sunday of Ordinary Time

### OPENING PRAYER

Heavenly Father, we thank you for the gift of each one gathered here. Help us to always be aware that Jesus, the living bread, is present in the Eucharist. May we be hunger to receive him in our lives. Holy Spirit, guide us during this family gathering. We make this prayer in Jesus' name, Amen.



## **SCRIPTURE REFLECTION**

Invite someone to read John 6: 41-51. Then, as a family reflect on the commentary given below and share your responses to the questions 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:

In the gospel reading today, Jesus tells the people that he is "the bread that comes down from heaven". He also tells them that "Anyone who eats this bread will live forever; and the bread that I shall give is my flesh, for the life of the world."

However, the people are not happy to hear him say this. It is because they are very familiar with his parents and his family. They ask how can someone whose family background they know well, say that he is the Messiah. After all, he is only the son of Joseph, the carpenter.

- How often have you become 'familiar' with Jesus, the Bread of Life in our life, and in the Eucharist?
- Do you really believe that Jesus is present in the Eucharist and receive him with true love and respect each time you receive Holy Communion?

Although Jesus was with them, the Jews did not recognise and accept Jesus as the Messiah. As a result, later, many of them left him and went away from his presence because they did not believe in him. They did not realise the gift that Jesus was offering them, that is, the gift of himself as the Bread of Life.

In the present situation, since we were / are unable to attend Mass in the parish, we were/ are also unable to receive Jesus, the Bread of Life, in Holy Communion.

- What did/ do you feel when you were/ are not able to receive Jesus in the Holy Eucharist?

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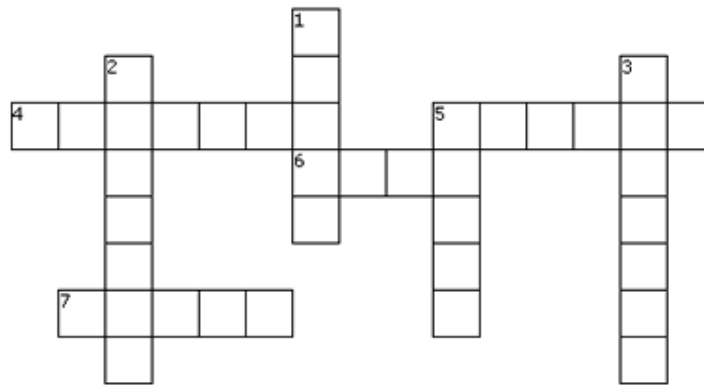
## FOLLOW-UP ACTIVITIES

Below you will find some activities for younger children, revolving around the second 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: Solve the puzzle.

# Jesus the Bread of Life

"I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world." John 6:51 (NIV)



**ACROSS**

- 4. For everlasting time; eternally
- 5. To make an effort to hear something; to pay attention
- 6. To continue to be alive
- 7. The Son of God

**DOWN**

- 1. The earth with its inhabitants
- 2. A person who speaks for God; Isaiah, for example
- 3. To accept as true or real
- 5. To gain knowledge through experience or study

Jesus	listen	believe	forever
prophet	learn	live	world

**Activity #2: Enter the missing letters.**

# Jesus the Bread of Life

"I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world." John 6:51 (NIV)



Enter the missing vowels to complete the words from the Bible verse shown above.

1. F \_ R \_ V \_ R \_\_\_\_\_
2. L \_ V \_ NG \_\_\_\_\_
3. BR \_ \_ D \_\_\_\_\_
4. W \_ RLD \_\_\_\_\_
5. FL \_ SH \_\_\_\_\_
6. H \_ \_ V \_ N \_\_\_\_\_

**Activity #3: Complete the sentences.**

# Jesus the Bread of Life

"I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world." John 6:51 (NIV)

Complete the paragraph by filling in the blanks with the correct words from the word bank at the bottom of the paragraph.



I tell you the \_\_\_\_\_, he who believes has \_\_\_\_\_ life. I am the \_\_\_\_\_ of \_\_\_\_\_. Your forefathers ate the manna in the desert, yet they died. But here is the bread that comes down from \_\_\_\_\_, which a man may eat and not die. I am the living bread that came down from heaven. If anyone eats of this bread, he will live \_\_\_\_\_. This bread is my \_\_\_\_\_, which I will give for the life of the \_\_\_\_\_." John 6:47-51 (NIV)

bread	flesh	heaven	truth
everlasting	forever	life	world

## Activity #4: Solve the puzzle

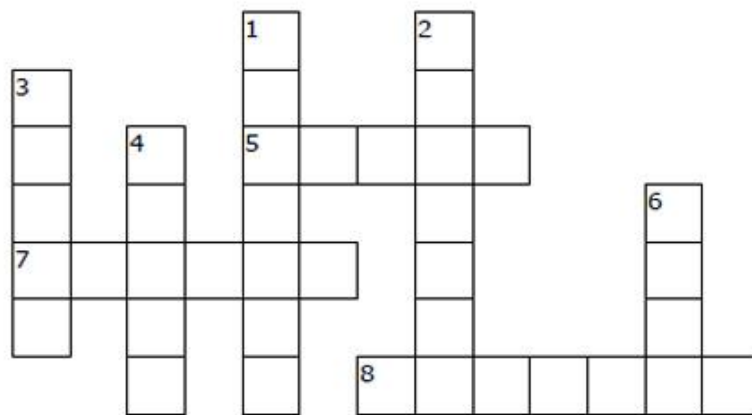
# The Living Bread

"I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world." John 6:51 (NIV)

Puzzle is based on John 6:41-51



*"I am  
the living  
bread."*



### ACROSS

5. To gain knowledge through experience or study
7. To make an effort to hear something; to pay attention
8. A person who speaks for God; Isaiah, for example

### DOWN

1. To accept as true or real
2. For everlasting time; eternally
3. The earth with its inhabitants
4. The Son of God
6. To continue to be alive

LIVE	BELIEVE	FOREVER	PROPHET
LEARN	LISTEN	WORLD	JESUS

Activity #5: Guide the crowd to Jesus

# "I AM" THE BREAD OF LIFE

Guide the crowd to Jesus.



Activity #6: Spot the difference.

# "I AM" THE BREAD OF LIFE


Spot 8 differences between the two pictures.



Activity #7: Find the words.

P	O	T	S	A	I	R	E	T	S
S	E	W	N	J	S	E	S	W	E
F	E	N	D	E	D	H	I	R	F
J	A	V	N	A	W	T	A	S	I
M	S	T	E	H	P	O	R	P	L
A	L	R	H	I	T	M	A	D	E
D	B	E	R	E	L	E	A	R	N
E	A	S	W	A	R	E	S	A	E
R	N	E	V	A	E	H	B	W	S
B	A	D	D	E	A	H	E	N	T


- JEWS
- FATHER
- MOTHER
- DRAWN
- PROPHETS
- HEAR
- LEARN
- BELIEVES
- MANNA
- DESERT
- DEAD
- LIFE



Activity #8: Find the words.

S	E	L	F	D	A	E	R	B	E
H	R	O	O	D	A	F	E	R	A
E	O	O	E	F	I	L	T	E	N
S	L	B	T	S	W	E	J	A	C
B	A	I	E	S	F	S	O	R	E
D	N	E	V	A	E	H	T	E	S
R	R	W	H	I	T	C	A	H	T
E	E	I	T	T	N	T	N	T	E
J	T	A	N	S	A	G	P	A	L
O	E	I	N	K	I	F	A	F	S

- LIVING
- BREAD
- JEWS
- HEAVEN
- FLESH
- EAT
- DRINK
- BLOOD
- ETERNAL
- LIFE
- FATHER
- ANCESTORS

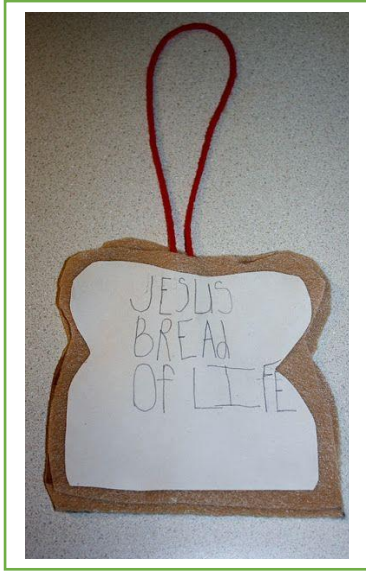




**Activity #9: Colour the picture and tell the story to others.**



## Activity #10: Art Craft – Jesus is the bread of life



### What is needed:

1. Template (see below);
2. A piece of cardboard larger than the size of the template (can be from a shoebox),
3. A piece of string;
4. Glue;
5. Colour pencils or markers.

### What to do?

1. Colour the words "Jesus is the Bread of Life" and the image of Jesus in the template;
2. Cut out the template;
3. Make a hole where the piece of string can go through;
4. Cut the piece of cardboard according to the shape of the template. Make sure it is slightly larger than the template (as in the picture);
5. Glue the template onto the cardboard and make a 'hole' at the suitable place;
6. Put the string through the "hole" and tie at the ends.

