



Ninth Sunday after Trinity – 1st Aug 2021

Read John 6.24-35

You may like to use this material as a basis for discussion in your family.



Today's gospel reading follows on from last week when Jesus fed 5000 people with the bread and fish that a young boy had provided. Jesus tried to move away from the crowd of people to find a place of peace and quiet but the crowd came looking for him hoping for another miraculous encounter.

They probably wanted more food. Many of them would have been poor people and often hungry. They were hoping that Jesus would perform another miracle. When they find him, they don't quite get what they expect. Jesus tells them that, rather than looking for more food to eat, they should instead hunger for 'the food that endures for eternal life'. Jesus says that he is the "bread of life". What do you think Jesus means by this? Do you think the people in the crowd understood what Jesus was saying?

The people in the crowd are looking for signs from Jesus – signs that will convince them that he is the Son of God. Are there times when you would like to see a miracle or sign that would help you to believe in God? What sort of sign would help your faith?

Jesus tells the crowd that they must trust him. Sometimes it is very hard to completely trust another person. Have you ever been in a situation when you had to trust and rely on another person? Think of mountaineers who have to work as a team, trusting each other to keep them safe. Or a person who is seriously ill and has to trust the doctor to help them. Think of a blind person who relies on a guide dog to help them cross the road safely.

How can you build your trust in God? What sort of sign would strengthen your belief in Jesus?

Activity

- Go on a nature walk and, as you walk, look for signs around you that speak to you about belief – the way a plant tracks the sun, how nature finds a way even in difficult circumstances, like a plant growing out of a crack in a rock. Do you see any signs in nature that strengthen your belief in God?
- Learn about trust. Put a blindfold over your eyes and ask a member of your family to lead you safely around a room at home. What does it feel like to have to trust someone completely?



Prayer

Loving God, we thank you that you are to be trusted, that you are faithful and provide for all our needs. Help us to trust you more and grow in faith and love. Amen.