

Read John 6.51-58

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

This week's gospel reading follows on from last week – in fact, Jesus is in mid-conversation with his followers. We begin today with the phrase that was at the end of last week's reading. Jesus says "I am the living bread that came down from heaven". Jesus goes on to say that whoever eats his flesh and drinks his blood will live for ever. The Jews who were listening to him were horrified about the idea of eating his flesh and drinking his blood. I think we all feel the same; it sounds like a horror story!



Let's think about food. What is your favourite food? Are you tempted to eat something if you smell bacon cooking? Or onions frying? Or freshly baked bread? These lovely smells tempt us to eat, even if we are not really hungry. They remind us of the pleasure that we get from eating something tasty. Jesus is inviting us to share his life with him, to get close to him, to enjoy his words and life in the way in which we enjoy good food.

Jesus is talking about the way in which we can develop a close relationship with him and so get close to God. The blood that flows around our bodies takes oxygen and nutrients to all our vital organs – this keeps us alive. Jesus wants to be as close to us, and as important to us, as the blood that flows around our bodies. We need blood to live. We need Jesus in our lives to live full spiritual lives.

What makes you feel fully alive? Is it when you achieve something special? Is it when you take part in a sport or hobby that you love? Who makes you feel "full of life"? Who gives you that extra burst of energy when you are with them? Is it a member of your family or a special friend? How can you get to know Jesus better, so that he is like that special person or activity, giving you a burst of energy? We want Jesus to be such an important part of our lives that he is close to us in all that we do and say. We want to fully experience the life that he gives us.

**Activity**

- Make sourdough bread. You will need: bread flour, water, two containers. Make a sourdough starter [www.bbcgoodfood.com/recipes/sourdough-starter](http://www.bbcgoodfood.com/recipes/sourdough-starter). This is living dough which needs feeding over several days. Put some of the dough into another container and pass this on to a friend. Use some of your dough to make your own pizza base or loaf of bread.
- Create a chart for this week. Write down one thing each day that has made you feel good, or given you "life" e.g. a text message, a chat with a friend, a fun session of sport, something creative. Say a thank you prayer each day for these things.

**Prayer**

Be with us, Lord Jesus everywhere we go.

Guide us, Lord Jesus, in all that we do.

Tell us, Lord Jesus, the words we should say. Amen.