



TO THE HEIGHTS

LIVING MISSION, JUBILEE AND BEYOND



Week 2: Bread for the Journey

Gather

Connecting to Week 1: Seeing others

Begin with the opening prayer.

Last week, we packed water- something we need to survive, and something Jesus asked the woman at the well for.

This week, we add the next essential item to our Lenten backpack:

Bread -Bread reminds us of food, strength, sharing, and caring for others

Listen

Share the passage from John 6:5-14 with the children:

Jesus looked up and saw a large crowd coming toward him. He said to Philip, "Where can we buy bread for all these people to eat?" (Jesus asked Philip this question to test him. Jesus already knew what he planned to do.)

Philip answered, "Someone would have to work almost a year to buy enough bread for each person here to have only a little piece." Another follower there was Andrew. He was Simon Peter's brother. Andrew said, "Here is a boy with five loaves of barley bread and two little fish. But that is not enough for so many people." Jesus said, "Tell the people to sit down." This was a very grassy place. There were about 5,000 men who sat down there. Then Jesus took the loaves of bread. He thanked God for the bread and gave it to the people who were sitting there. He did the same with the fish. He gave them as much as they wanted. They all had enough to eat. When they had finished, Jesus said to his followers, "Gather the pieces of fish and bread that were not eaten. Don't waste anything." So they gathered up the pieces that were left. They filled 12 large baskets with the pieces that were left of the five barley loaves. The people saw this miracle that Jesus did. They said, "He must truly be the Prophet who is coming into the world."

Respond

The young boy in this passage only had a small amount of food, but he was still willing to share it with others. This shows that if we are able to give even a little, and have faith that Christ can use it, we can do something incredible. This doesn't have to just be our dinner, like this boy shared - it could be:

- our time - making an effort to talk to a classmate who's feeling sad or lonely
- things we don't need - toys or clothes that we might not need, but could make a big difference to someone else
- food we prepare and share together - with the help of your teachers or parish leaders, you could organise a lunch for people in your community, or perhaps a bake sale to raise money for charity!

Jesus is teaching us:

We are not alone in our work as Mini Vinnies - by working together to share God's love with others, God is working through us. We are part of something much bigger than ourselves. The crowds in this passage travelled a long way to see Jesus, but he made sure that they had enough food to keep going. By feeding all these people, their belief in him grew stronger. St Pier Giorgio Frassati loved mountain climbing, and he would always pack bread for his journey so that he could give it to those in need. He didn't climb alone - he lifted others up with him with conversation, prayer, and the simple act of sharing bread.

Reflection question: "If you met someone hungry on your journey, what would you do?"

Call to Action

Give each child a paper "bread roll."

Ask: *What can you share with someone this week to spread God's love?*

They write or draw their answer on the bread.

Add these to the backpack picture to go on your Lenten display.

End the session with the closing prayer.

Things you'll need:

- ☐ Week 2: Bread for the Journey PowerPoint slides
- ☐ Items for focal point: backpack, water, bread
- ☐ Bible
- ☐ Bread roll paper cut-outs & backpack (Appendix 1 & 2)
- ☐ Pens and pencils