



NEW TESTAMENT 2019

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*Living Scriptures*  
STREAMING

## Bread from Heaven

Matthew 14–15; Mark 6–7; John 5–6

### Objectives:

- Talk about the importance of nourishing our spirits.
- Emphasize ways to nourish our spirits in order to partake of the bread of life.

### Reinforces Principles of:

- Eternal Life

### This Lesson contains 5 activities:

Choose the activities that fit your family's schedule.

Use on Mondays to introduce the topic, or the following Sunday to review.

**Reverence Time:** Song, prayer, scripture and video clip

**Lesson Time:** Lesson summary and points to ponder

**Story Time:** Story

**Activity Time:** Object lesson or activity

**Treat Time:** Prayer, theme related recipe & music video



# Reverence Time

Approximate Time: 5 minutes

**Sing Together:** Children's Songbook #34, "He Sent His Son"  
If you wish to have an online music file to accompany you visit:  
<https://www.lds.org/music/library/childrens-songbook/he-sent-his-son>

**Prayer:**

**Scripture Time:** John 6:35, 51  
35. I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.  
  
51. I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.

**Video Clip:** Watch a clip from the Living Scriptures Streaming Library, *Bread from Heaven* (The Dramatized New Testament). You can find the clip at <https://www.livingscriptures.com/fhe-lesson-bread-from-heaven/>



## Lesson Time

Approximate Time: 10-15 minutes

### Lesson Summary:

(For younger children, it may be helpful to summarize the following ideas):

After He had fed five thousand people with just five loaves of bread and two fishes, some people followed Him for the wrong reason. They wanted Him to provide food for them again and again. Jesus told them that they should seek for spiritual food that would give them eternal life. He said that they should believe in Him and follow Him. “He that believeth on me hath everlasting life. I am that bread of life.” (See John 6:45–48.)

**What was Jesus teaching them?** (Discuss ideas. Emphasize that He was teaching them that He was the Son of God, that they could have eternal life through Him and how to seek spiritual food.)

“God reveals Himself and His eternal truths—the spiritual food that the scriptures call the bread of life and the living water—to those who seek, who serve, who keep His commandments, and who wait and listen in humility for His teaching. ... We know the principal sources of spiritual food: prayer, studying the scriptures, attending inspirational meetings, singing the hymns of Zion, serving in our callings, fasting, partaking of the sacrament, and making other covenants, such as in the temple.” *Dallin H. Oaks, Liahona, Aug 2001 © Intellectual Reserve, Inc. All rights reserved.*

**How does nourishing our spirits help us?** (Discuss ideas.)

“As we nourish our spirits, we grow in strength. Just as properly caring for our bodies contributes to physical well-being, caring for our spirits increases our spiritual capacities, sustains us in trials, and makes us more able to follow the Savior and accomplish our life's work.” *Ensign, Apr 1996 © Intellectual Reserve, Inc. All rights reserved.*

**How can we help nourish others spiritually?** (Discuss ideas.)

“They were numbered ... that they might be remembered and nourished by the good word of God, to keep them in the right way, to keep them continually watchful unto prayer, relying alone upon the merits of Christ, who was the author and the finisher of their faith.” (Moroni 6:4).

## Points to

**Ponder:** **Why is it important to nourish our spirits daily?** (Discuss ideas.)

“If we do not constantly receive the spiritual nourishment needed daily, we will soon—as individuals and societies—be in dire straits, bereft of God's protection, cut off from the healing influences of the Spirit. Just as one who is weakened by malnutrition soon may fall prey to infectious disease, so, too will we, if spiritually weakened, be ready prey for the adversary and his legions of dupes and devils.” *Alexander B. Morrison, Ensign, May 1992*  
© Intellectual Reserve, Inc. All rights reserved.

**What does it mean to eat the bread of life?** (Discuss ideas.)

“We must know Christ better than we know him; we must remember him more often than we remember him; we must serve him more valiantly than we serve him. Then we will drink water springing up unto eternal life and will eat the bread of life” *Howard W. Hunter, Ensign, May 1994* © Intellectual Reserve, Inc. All rights reserved.

**How does partaking of the sacrament nourish our spirits?** (Discuss ideas.)

“I am a witness that there is a spirit attending the administration of the sacrament that warms the soul from head to foot; you feel the wounds of the spirit being healed, and the load being lifted. Comfort and happiness come to the soul that is worthy and truly desirous of partaking of this spiritual food.”

by Melvin J. Ballard, *Crusader for Righteousness*, Bookcraft (1966)

**Quote:** “Cherish and nourish your spiritual life. Seek spiritual growth at the same time that you are seeking to enlarge your learning in other areas. Nourish your spirit just as regularly as you nourish your body or mind.” *Dallin H. Oaks, Ensign, Dec 1971* © Intellectual Reserve, Inc. All rights reserved.



## Story Time

(Approximate Time: 3 minutes)

After kneading the dough, Mother placed it in a large, greased bowl and covered it with a damp towel. Glancing at her watch, she made a mental note of when the dough would be ready to form into loaves. Mother unbuckled Josh and lifted him out of the high chair. “Come on, girls,” she said to Natalie and Jessie. “Let's go outside where it's cool while the dough rises.”

Mother pushed Josh in the swing while the girls played in the sandbox. “Let's make mud pies,” Natalie said to Jessie as she ran to fill her beach bucket with water. Natalie poured the water while Jessie mixed the sand. Jessie then picked up a handful of wet sand and formed it into a ball.

“That's enough water,” Jessie said holding out the ball. “See, it holds its shape.” Natalie put the bucket of water down and grabbed her own handful of wet sand and began patting it into a round mud pie. “I'm going to make bread,” Jessie said. “Just like Mommy.” Jessie formed five little loaves of bread and placed them in the sun to dry. “Look, Mommy,” she called. “I made five loaves of bread. I'm going to pretend I'm giving them to Jesus to feed the five thousand!”

“I want to play too,” Natalie said. “I'll make the two fishes.” Natalie formed two balls of wet sand into the shape of fishes and placed them next to Jessie's loaves of bread. “Now, pretend Jesus blessed it,” Natalie said to her sister. “Hurry, Jessie. Make more bread while I make more fishes.” The two girls spent the next hour making bread and fishes out of wet sand.

Mother checked her watch. “I need to go in the house to finish making the bread,” she told the girls. “And Josh needs his nap. Do you want to come?”

“We're multiplying our bread and fishes,” Jessie replied.

“You've mul-ti-plied, Mother corrected, “so many already you're going to run out of sand!”

“Jesus didn't run out of bread and fishes when He fed the five thousand,” Natalie replied, “and we won't run out either.”

Mother smiled. “I'll leave you two to your multiplying,” she said, “But don't leave the yard.”

Mother kneaded the dough one more time and started to form it into two big loaves. Then she had an idea. Instead of two large loaves she formed it into five small loaves and placed them on a baking sheet.

When Father got home from work the smell of fresh baked bread filled the kitchen. “Hmmm. It smells like heaven in here,” he said to Mother before giving her a kiss on the cheek.

“Funny you should say that,” Mother said, explaining her plans for FHE to him.

When it was time for dinner, Father announced that they were going to have FHE at the table tonight. “Will you say the prayer and blessing on the food, Jessie? And will you lead the song, Natalie?” he asked.

Jessie's stomach growled during the prayer, she squirmed while Father read the scripture and she didn't sing with her usual enthusiasm. “Do we get to eat before we have the lesson,” she whined. “I'm starving.”

“We're going to eat and have the lesson at the same time,” Mother said before getting up to get the fresh baked loaves of bread while Father placed the two sizzling Tilapia on a platter.

“Look, Jessie! Five loaves of bread and two fishes!” Natalie exclaimed.

“*Mommy*, would you give your bread and fishes to Jesus if He asked you to, so He could feed the *five thousand*?” Jessie asked.

“I would like to think so, Jessie, but tonight, we're going to feed the five of us,” Mother answered. “Physically *and* spiritually, I hope.”

While the family ate they discussed the miracle of Jesus feeding the five thousand. “Jesus was very kind to serve the hungry multitude, wasn't He?” Father asked. “But do you know what Jesus did that was even more important?”

“He raised Lazarus from the dead?” Jessie answered.

“And He healed the sick,” Natalie added.

“Those are wonderful miracles. Aren't they? But what is more important is that He gave us the bread of life,” Father stated. “Just like this food we are eating is nourishing our bodies, we need to nourish our spirits with the bread of life.”

“Jesus said He was the bread of life,” Natalie said. “But I'm not sure what that means.”

“I think the scriptures can help us understand it better, Natalie,” Father said, opening the Bible and reading John 6:50-51. “ This is the bread which cometh down from heaven, that a man may eat thereof, and not die.

I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.”

“This means that Jesus gave His life for us that we can live forever and if we believe in Him and do all we can to live the way He has taught us then we will not only live forever, but have eternal life,” Mother explained. “Eternal Life is to live forever as families in God's presence. It is God's greatest gift to man.”

The family then discussed ways they can nourish their spirits.

Natalie's tummy was filled with the good food. While she listened to what she was being taught her heart felt so full she thought it might burst. “I think when we have Family Home Evening, we are eating bread from heaven!” she exclaimed in awe.

by Margie Nauta Lee © 2019 Living Scriptures, Inc.



## Activity Time

**What you need:** A copy of the “Nourish My Spirit” activity (artwork included with this lesson), scissors and tape.

### Preparation

1. Cut out artwork.
2. With print side facing out, match up small dots on basket part (1) and basket part (2). Begin weaving by pulling every other strip over the top of the strip next to it. (See diagram 1)
3. Match up letters, beginning with “A” and tape in place. Repeat with “B” (See diagram 2)
4. Match up remaining letters while weaving strips in and out of the strips that are in place and taped. Be careful to weave strip opposite of the previous strip. (See diagrams 3 & 4)
5. Fold upper band along center line. Place over the top edge of basket and tape in place covering up letters. (See diagram 5 – Loaves will be placed in the basket during the activity.)



Diagram #1



Diagram #2



Diagram #3



Diagram #4

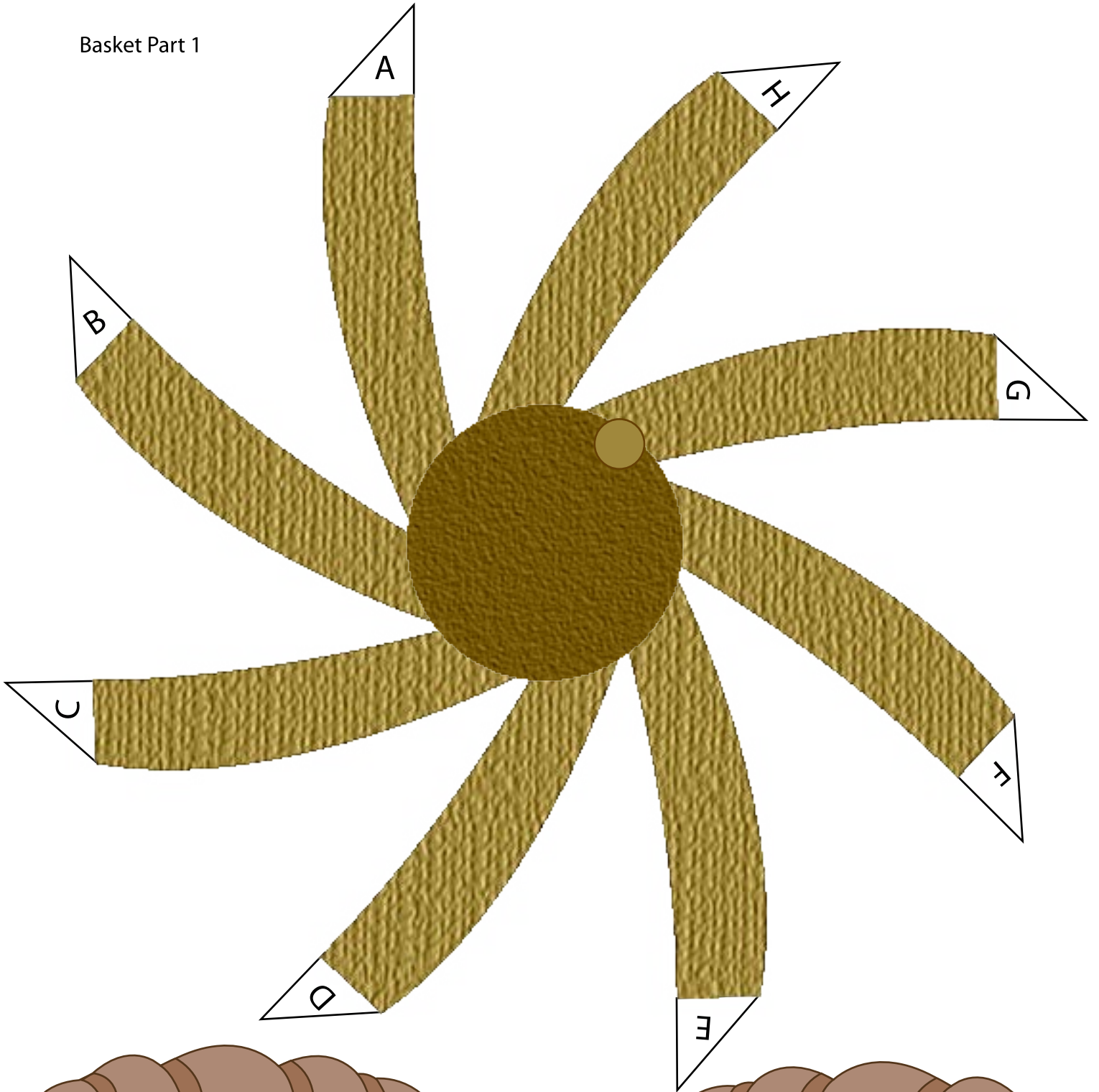


Diagram #5

### Activity:

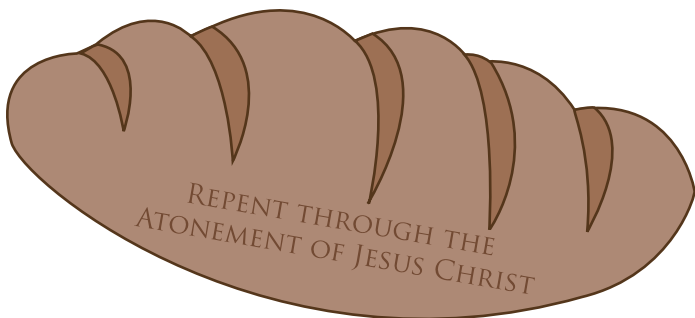
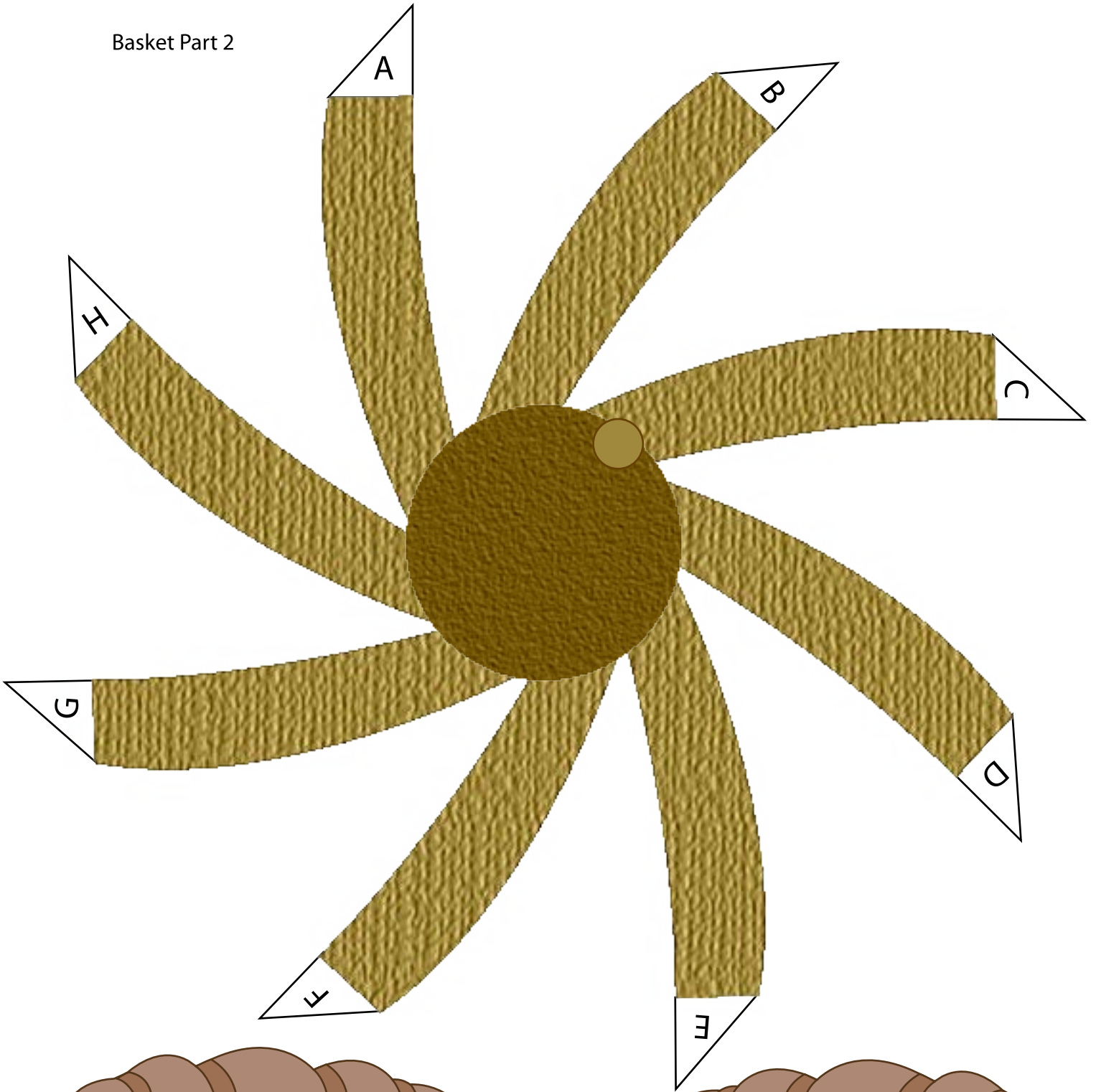
1. Show the empty basket to your family. Ask: How is this basket like our spirits when they have not been nourished? (It is empty.)
2. Ask: Can we be happy if our spirit is not nourished? (No.)
3. Ask: What do we need to nourish and fill our spirits so that we can return to live with Heavenly Father as an eternal family? (“Bread from Heaven.”)
4. Lay the loaves of bread upside down. Have family members take turns picking a loaf of bread and giving an example of how this “Bread from Heaven” can nourish their spirit. Then have them put their “Bread from Heaven” in the basket. Example: “When I serve others I am serving the Lord and It makes me feel good inside.”
5. When the basket is full bear your testimony of the importance of nourishing our spirits everyday.

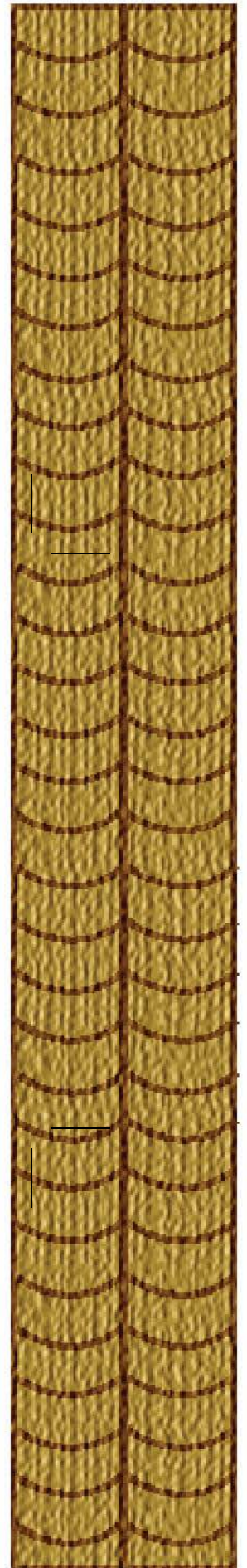
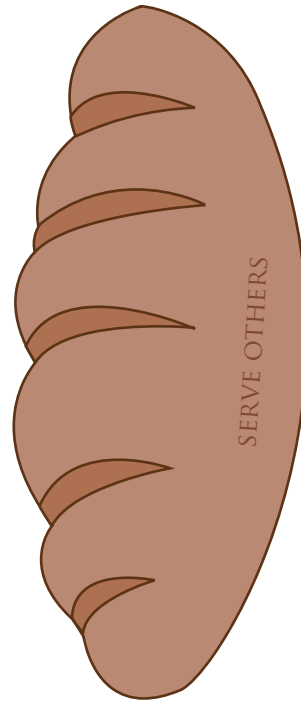
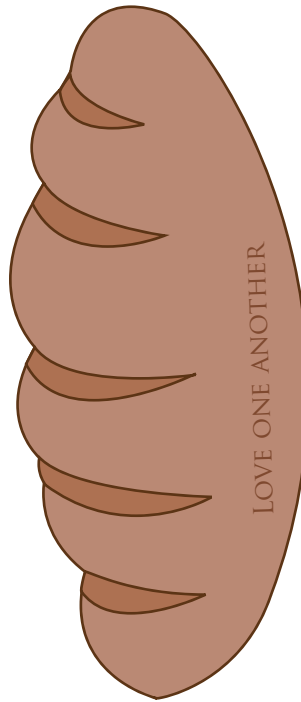
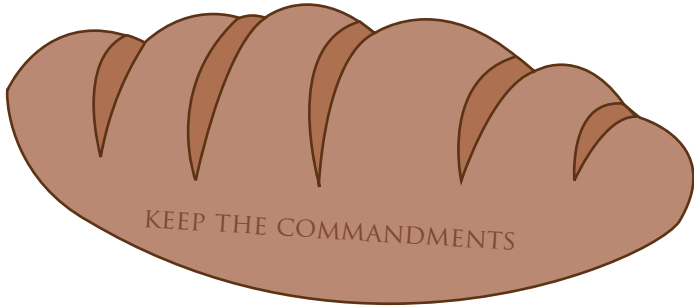
Basket Part 1





Basket Part 2







## Treat Time

**Approximate Time: 3 hours**

**Prep Time:** 2 hours

**Cook Time:** 10-15 minutes

### “Barley Loaves”

1 envelope yeast  
1 egg, beaten  
1/2 cup lukewarm water  
2 Tbs. olive oil or butter  
2 Tbs. honey  
2 cups barley flour (freshly ground if possible)  
1/2 tsp. salt



Preheat oven to 400°F. Dissolve yeast in lukewarm water with honey. Add salt, egg and oil or butter. Stir in flour. Knead on a floured surface for two-three minutes. Place dough in greased bowl and cover with a fresh towel. Let it stand in a warm place for 1-1/2 hours. The dough will rise slightly. Turn out the dough and knead for an additional 2-3 minutes. Let children help shape dough into 5 small loaves. Place on a lightly greased baking sheet, cover and let stand for 1 hour. Bake for 10 to 15 minutes or until golden brown. Turn out on a cooling rack and wrap in a fresh towel for 5 minutes.

**Treat Time:** Slice and serve warm with honey-butter or your favorite spread.

“Barley grain, out of the dark earth pushing towards the light, brings its fruit to maturity, so it is also with the love of God, which shall lift and guide material man out of his dark passions towards the higher moral light.” *Gottfried Mayerhofer, Amalux® Quality Products © 2005*

**Closing Prayer** and blessing on the food.