

Food for Thousands

Big Idea: Jesus is my God. He gives me all I need.

● **Memory Verse**
*"Give us this day
 our daily bread"*
 (Matthew 6:11).

Word of the Week

"Give" - When we give something, we take something we have and make it someone else's. Jesus loves to give us the things we need, such as food, family, and a warm, safe place to sleep at night.

This week's lesson

is based on **Matthew 14:13-21; Mark 6:30-44; Luke 9:10-17; John 6:1-14;** and *The Desire of Ages*, pp. 364-371.

Sunday

The Lake Race

The disciples were tired—really tired. It had been a big and busy day with lots of crowds. Their eyes were heavy, their legs ached, and their shoulders drooped.

Jesus looked at the disciples with kindness and care. He knew what they needed.

"Come with me," Jesus said to them. "We will go to a quiet place to be alone. There we will get some rest" (Mark 6:31, ICB).

The disciples slowly followed Jesus down to a boat that swayed gently on the rippling waves. They pushed it out into the deep water and climbed in. Where were they going? Read **Mark 6:32**.

Ahh, quiet rest. The boat glided peacefully through the water toward the other side of the lake.

But back on the shore the people noticed Jesus leaving. They weren't ready to say goodbye to Jesus yet! Quickly they made a decision.

The crowds began to run, run, run! They dashed over rocks and sprinted along the sand. With a huff and a puff they raced down the winding dirt path that led around the lake.

The people ran so fast that "they got there before Jesus arrived" (Mark 6:33, ICB).

Finally the boat came to land on the far side of the lake. But Jesus and the disciples realized they weren't alone. The crowds had followed them.

Jesus' eyes glowed with love and care. He could see how much the people wanted to be close to Him. Jesus knew they needed His help.

I Wonder

- » Would you have liked to have raced around the lake to surprise Jesus?
- » How can you search for and follow Jesus each day?

● Prayer Idea

Thank Jesus that He loves and cares for you too.

● Do

Set up an obstacle course, inside or outside. Have a family member time you to see how long it takes to finish the obstacle course. Do it a few times to try to get faster.



Monday

A Wonderful Day

Jesus looked down from the hill at the big crowd of people. They were all there to see Him.

The crowd looked like a flock of little lost sheep. They didn't have fluffy wool or clip-clopping hooves. But just like sheep, they were looking for a shepherd. The people wanted Jesus to be their shepherd. They wanted Him to guide them and look after them.

Jesus wanted to be their loving shepherd too. So what did Jesus do? Read **Luke 9:11**.

The people leaned in and listened to Jesus' lovely words. His words were so wise and true. Everything Jesus said felt like bright, warm sunshine. The Bible says, "The entrance of Your words gives light; it gives understanding to the simple" (Psalm 119:130).

Old grandfathers and little granddaughters sat together and learned from Jesus. His stories about God's love were just what they needed! No one wanted to miss a word.

People also brought their sick friends and family to Jesus. With kindness Jesus lay His hand on them and spoke words with healing power. Instantly they were healed. Shouts of joy echoed across the hills and valleys.

Spending the day with Jesus was so wonderful!

I Wonder

- » What was Jesus giving to the people?
- » If you were there that day, what story would you want Jesus to tell?
- » What would you have asked Jesus to do to help you?

Prayer Idea

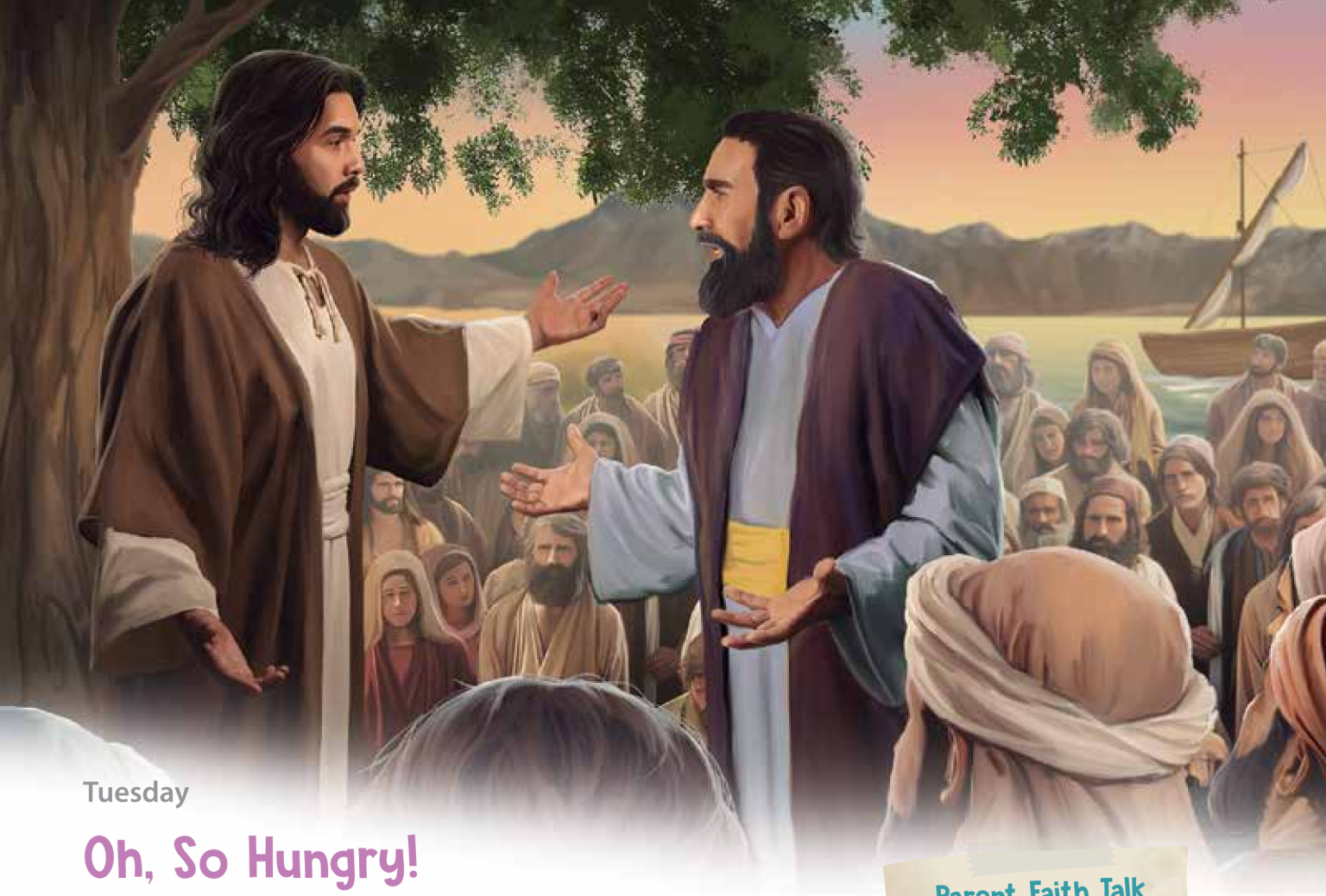
Thank Jesus for His wonderful words in the Bible that teach us and give us strength and wisdom.

Do

Imagine you were in the crowd that day, listening to Jesus. What song would you want to sing to Him? Sing it to Him now.

Memory Verse





Tuesday

Oh, So Hungry!

The sky turned a golden pink as the sun slipped low behind the hill. What a special day it had been with Jesus. He had taught them amazing things! He had healed and helped them. No one wanted the day to end.

But as the afternoon sunlight faded, the people suddenly realized something. They were really, *really* hungry! Their tummies began to rumble. Oh, no, what would they do? They were a long way from home or any towns. And they didn't have any food to quickly munch on. In the rush to find and follow Jesus, the *whole* crowd had forgotten to pack lunch or dinner.

What a big problem! The disciples told Jesus all about it. They said to Him, "Send the people away. They need to go to the farms and towns around here to buy some food to eat" (Mark 6:35, 36, ICB).

Jesus smiled and shook His head. He had a better idea. "You give them something to eat," He said (Mark 6:37).

The disciples frowned. *Feed 5,000 hungry men, plus families?* What did they say to Jesus? Read **Mark 6:37**.

It seemed impossible! But the disciples had forgotten one very important thing. Nothing is too hard for Jesus.

Jesus loves to help us and give us what we need. He tells us in the Bible to ask God for what we need each day. We can say, "Give us this day our daily bread" (Matthew 6:11). This was just what the hungry people needed!

Parent Faith Talk

Share a time Jesus gave you something you needed.

I Wonder

- » Have you ever forgotten to take food somewhere? What did you do?
- » How do you know Jesus cares about you?

Prayer Idea

Thank Jesus that no problem is too big for Him.

Memory Verse

Wednesday

The Boy's Basket

The disciples sighed as they looked at the big crowd on the hillside. How were they to feed all these hungry people? There were more than 5,000 people with no food. What a big problem! The disciples were very worried—but Jesus wasn't.

"How many loaves do you have? Go and see," Jesus told the disciples (Mark 6:38).

The disciples rushed off to ask the people. Did the clever teachers and rulers have food? Sorry, no. Did the farmers? Not a crumb. Did the fishermen? No, nothing. The shopkeepers, builders, mothers, and aunts all shook their heads. No one had any food to give.

Then Andrew, one of Jesus' disciples, stepped forward with a little boy. What did Andrew say? Read **John 6:9**.

One little boy, in the big, big crowd, had something to share. The disciples peered into the boy's lunch basket. Carefully they counted, one, two, three, four, five little barley loaves. Plus two small fish.

Jesus smiled thankfully at the little boy. The boy's own tummy must have rumbled with hunger too. But he didn't keep his lunch to himself. He gave it to Jesus.

Jesus loves giving us what we need. And He loves for us to be like Him and give too. He promises, "Give, and you will receive. You will be given much. It will be poured into your hands—more than you can hold" (Luke 6:38, ICB).

Everyone watched Jesus as He took the five loaves and fishes in His hands. *What would He do with this little boy's lunch?*

I Wonder

- » Why do you think the little boy had some food?
- » Do you think the boy was happy to give his lunch to Jesus? Why?
- » What do you think Jesus will do next? Why?

Prayer Idea

Ask Jesus for a heart that is willing to give to others.

Mission Challenge

Plan precooked meals or fresh food baskets for community people who may be in need. With your family, decide on whom the meals will be for, plan the menu, and help cook the food (see the Sabbath Feature for delivery instructions).

Memory Verse



Thursday

The Miracle

Jesus looked down at the five barley loaves and two small fish. He smiled again at the boy who had happily given it to Him. Then looking up to heaven, Jesus prayed. He thanked God for the little basket of food that the boy had shared with Him.

Everyone listened quietly. Then “he divided the bread and gave it to his followers for them to give to the people. Then he divided the two fish among them all” (Mark 6:41, ICB).

Jesus passed the pieces to His disciples, and the disciples passed the pieces out to the crowd. *Some for you, some for you, and some for you too!*

It was then that something amazing began to happen. Something completely unbelievable. The bread and fish kept coming! No matter how much food the disciples handed out, there was always more to share. There was more than they could eat, and more than they could hold in their hands.

Hooray! The disciples laughed, and the crowds smiled. Jesus was feeding thousands of hungry people from just five loaves and two small fish! Happily they all ate their food and talked excitedly about the miracle.

What does God promise us in **Psalm 34:10**?

I Wonder

- » Why do you think Jesus prayed for the food?
- » What do you think everyone learned from this miracle?
- » Can you think of other miracles in the Bible during which God made miracle food?

Prayer Idea

Turn your memory verse (Matthew 6:11) into a thank-You prayer: “Thank You, Jesus, that You ...”

Do

Using corn kernels, make popcorn. Notice how a small handful of kernels can become something that fills a whole bowl. Eat it together to celebrate how God gives you all you need and more.

Memory Verse





Friday

Extra Food

Mmm, yum! The people happily chomped and chewed the miracle food. Their tummies had been empty, but now they were full.

Then Jesus turned to His disciples. “Gather the pieces of fish and bread that were not eaten. Don’t waste anything” (John 6:12, ICB).

Peter, Andrew, John, and the other disciples began moving through the crowds. They collected all the leftover pieces of fish and bread that hadn’t been eaten. How much did they collect? Read **Mark 6:43**.

Wow! Not only had Jesus fed more than 5,000 hungry tummies, but there were lots of leftovers too! The people had miracle food to take home and give to others. Oh, the stories they would tell their friends and families as they too ate Jesus’ miracle food.

God had truly given the people what they needed and so much more! He will do the same for you. You can trust Him every day, and pray, “Give us this day our daily bread” (Matthew 6:11).

I Wonder

- » Why do you think Jesus gave them more food than what they needed?
- » What do the extra leftovers teach us about Jesus?

Prayer Idea

Thank Jesus for giving you the things you need and so much more.

Do

Pretend you are the little boy who shared his lunch with Jesus and was now returning home with leftover miracle food. Greet your family. What would you do and say?

Memory Verse

Family Activity

Memory Box

Think about this week’s story. Go for a hunt outside for things in nature that grow more and more. Keep an item for your memory box.

For You, Parents

“If we go to the Source of all strength, with our hands of faith outstretched to receive, we shall be sustained in our work, even under the most forbidding circumstances, and shall be enabled to give to others the bread of life” (Ellen G. White, *The Desire of Ages*, p. 371).

A Food Blessing

Isn't it wonderful that Jesus was able to make so many hungry people happy and full?

Now it's your chance to share some surprise food blessings too. This week you have been planning and preparing meals to share with others. Together as a family, deliver the meals today. Who knows, maybe the surprise food will create smiles, joy, and even new friends you can share Jesus with. Share this week's Big Idea with your new friend in the community. How well do you remember this week's lesson?

Here are some quiz questions to test your memory.

1. How many people were hungry?

- A** 50 **B** 5000 **C** 500

2. Who gave their lunch basket to Jesus?

- A** a boy **B** a girl **C** a grandma

3. What did Jesus do just after He prayed?

- A** looked for baskets **B** ate the bread **C** broke the food into pieces

4. How much leftover food was collected after the miracle?

- A** enough for the disciples to eat **B** 12 baskets **C** a boatful

Challenge

These objects from this week's story are hidden on this page.

Can you find them?

12 baskets

5 loaves of bread

2 fish

