

## HOW GOD SAVED HIS PEOPLE

## UNIT ONE: God Rescued His People

**Lesson 9:****Bread from Heaven**

## CONTENT:

1. The Israelites had no bread left as they travelled through the desert towards the Promised Land. God provided them with 'manna' every morning and quails every evening.
- 😊 2. At every meal we should ask God's blessing and after the meal we should thank him for the food. [*The children have already learnt an informal prayer for meals. [Std2] Now we introduce the traditional 'grace.'*]
3. God gives us food for our bodies and our souls. He gave us Jesus, who is the 'bread of life'. At the Last Supper, Jesus took a loaf of bread and said, "Take this all of you and eat of it. For this is my body which will be given up for you." He was thinking of how he would soon die for us. He wanted to be with us and take us safely to heaven. That is why he gave us this special gift.
- 😊 4. At Communion, the priest says, "The Body of Christ!" and we answer, "Amen!" That means: We really believe it is Jesus and we want him to come to us.

ASSIGNMENT: Read handout at home. Say the grace before and after meals. Learn the Bible verse.

REFERENCES: Exodus 16; John 6:51; Matthew 26:26. CCC 1355.

MATERIALS NEEDED: Handouts, different kinds of bread; one copy each of the grace before and after meals; glue and chart paper for mounting the prayer.

**I. STARTER:**

[Display different forms of 'bread': buns, idlis, naan, chapattis etc. Talk about them and allow the children to share too, as shown below: ]

- Different people eat different kinds of bread. People from South India eat dosas, appams and idlis. In the North they make chapattis and parathas. Some people eat momos and some eat paos. Some like pizzas.
- What do you eat at home along with your vegetables and other food?

**II. DEVELOPMENT:**

The Israelites also used to eat bread. It was a bit like pizza bread or naan. But as they kept going on their journey, their bread got over. They came to a desert. It was dry and empty. There were no vegetables or fruit and no shops or farmers to buy grain from. The people went to Moses and Aaron and said, "We are all going to die of hunger here in this terrible desert! We have nothing to eat!" God told Moses, "I will feed my people. I will rain down bread from heaven every morning and meat in the evenings."

What God said really happened. In the morning, when the people came out of their tents, they saw something white all over the ground. It looked like little seeds. "What is it?" they asked. They had never seen it before. (What do you think it was?... snow? Or frost?) Moses said, "It is the bread that the Lord has given you!"

The people called the bread 'manna' [Write on blackboard] It was delicious, and tasted like bread and honey. And in the evening, they looked up in the sky and a flock of quails came flying towards them. They fell down in the ground all around the camp. The people gathered them and cooked and ate them. All through their journey till they reached the land that God had promised them they had manna and quails, morning and evening. So no one was hungry. They said to each other, "God really cares for us! He has sent us bread from heaven!"

### III. REFLECTION & PRAYER:

[Distribute the prayer sheets and let the children practice the prayers before and after meals.]

Bless us O Lord, and these Thy gifts, which we about to receive from Thy bounty.  
Through Christ our Lord, Amen.

We give Thee thanks Almighty God, for thy benefits which we have received from Thy bounty.  
Through Christ our Lord. Amen.

Explain difficult words thus: ]

- We call the food 'gifts' because we know that God has given us the food we eat.
- 'Bounty' means 'a generous gift'.
- 'Benefits' means 'good things'.
- We pray 'through Christ our Lord' because God blesses us through His Son Jesus.

[Distribute the bread and say the prayers before and after they eat it.]

Distribute the grace papers: Each child receives one paper with the prayers written in opposite directions. The students stick the paper onto card paper and then decorate their cards. They are folded in half so that the card will stand on their tables and both sides can be used. ]

**Home assignment:** Place the card on your dining table and pray before and after every meal with your family. You could make cards for all of them if you like.

NEXT CLASS:

[Ask any 'T' riddle E.g. I'm black and white and read all over. Who am I? Answer: A newspaper.]

- Now I'll ask you another riddle about our lesson:  
I give you food, but I'm not your Mummy.  
I feed your soul, not just your tummy. Who am I?
- The answer is JESUS. Last time we saw how God sent bread from heaven for the Israelites. What did they call that food? [Manna]
- What did he send them in the evening? [Quails]
- God knows that we are not just bodies, but also...what else? We learnt about it in the 1<sup>st</sup> standard. [Souls] A soul is the part of us that cannot be seen, the part that will live forever. Because we have a soul we can know God and love him. So God sent us food for our souls also. That food is Jesus.
- How can we call Jesus food? He himself called himself our food. He once said, "Your forefathers (that means your family members who lived long ago.) ate manna in the desert but they died. I am the living bread that came down from heaven. Whoever eats this bread will live forever."
- Can you think of any other time when Jesus talked about bread? On the night before he was going to die Jesus did something very special. He knew this would be the last time he would eat with his disciples. He knew that soon he would be caught and all sorts of terrible things would be done to him and finally he would die. So he took a loaf of bread and lifted it up and thanked God for it. Then he looked at the disciples and said, "Take this, all of you, and eat of it. For this is my Body which will be given up for you." The disciples each took a piece of the bread and ate it quietly. They believed Jesus, because they knew that he always spoke the truth. They thought, "This is very special bread. It is Jesus. He wants to make us strong inside... in our souls. He is going to die, so that we can live!"

[Give out handouts and ask the children to look at it without writing anything.]

- Look at the picture at the bottom of the page. Imagine that child is you. At Mass, during Communion time, you will also get a chance to eat this very special bread. It is really Jesus, who wants to make your soul strong so that you can reach heaven and live forever. When Father holds the sacred host (sacred man's holy) he says, "The Body of Christ!" and we answer, "Amen!" That means, "Yes! I believe it is Jesus and I want him to come into me and make me strong."

[The children read the rest of the handout and try and learn the memory verse. The answers to the word maze are: MOMO, CHAPATI, NAAN, BUN, DOSA, MANNA, PAO, PIZZA.]

**Home assignment:** Read handout at home. Learn the Bible verse .