



Week Four Challenge Instructions

The "I am" statement for week four is "I am the bread of life." Bread is the most common of all foods. Every culture has its own variety of bread. And, many people eat it everyday. There are stories throughout the Bible about times when bread was very important to the life of the community. In the Old Testament, God sent manna or bread that came from heaven when the people were hungry in the wilderness. And, not long before Jesus called himself "the bread of life" he had fed a very large crowd of people with fish and bread. Bread is something that gives life and nourishment. Jesus wanted his followers to know that he was like bread and could give life to all people.

You are invited to share what you are doing with all the Cumberland Kid Challenges by taking a picture or short video while you and your family are doing the challenges. Ask an adult to help you upload a photo or video to social media using: #CumberlandKidChallenge

Here are the Steps to participate:

- Watch the Cumberland Kid video each week on the Discipleship Ministry Team Facebook Page or at www.cpcmc.org - go to the menu under Resources click on Cumberland Kid Challenge or on Youtube by searching CPC Ministry Council.
- Download the weekly challenge instructions each week. Supplies you will need are listed at the top of each challenge. If you don't have all the supplies for one of the challenges - don't worry! There are plenty of challenges to choose from each week.
- Choose the challenges you would like to do and make a plan when to do them. Some challenges are created for you to do by yourself (Cumberland Kid), other challenges you need a couple people to do the activities with you (Group Challenges), some of the challenges will help you to dig deeper into thinking about why Jesus said these things about himself (Digging Deeper). All the challenges are created for you to learn more about Jesus and have fun while you learn.

Week Four Challenge Activities:

I am the bread of life. - John 6: 35

Cumberland Kid Challenges

The Cumberland Kid challenges are personal challenges that you can do without help from anyone. For the Cumberland Kid challenges this week there are activities to help you remember that Jesus is the bread of life. "Scripture in Action" is a fun way to help you review all the "I am" statements you have learned. You could teach your family the actions during the group challenge time.

Sandwich Memory Verse

Supplies: sandwich handout, crayons, scissors

Make a copy of the sandwich pieces, color and cut them out. Stack your sandwich in the order that you would make a sandwich. After you stack your sandwich in the order you like, write one word from the memory verse on each piece of the sandwich starting with the top piece of bread. Write the scripture reference (John 6:35) on the last piece of your sandwich. When you are finished writing the words, mix your sandwich pieces up. Put your sandwich back together again reading the words out loud. After a few times - you will have learned the memory verse for this week!

Meal Blessing

This week learn a meal blessing to teach your family when you eat together. To help you learn this prayer, listen to the video and repeat the words out loud after you hear them. Or, read the words over and over to yourself. You can also write the prayer on some paper and place it on the table as a reminder to use this prayer when you gather to eat..

Thank you God for our food so good. Help us to do the things we should. Amen.

Scripture in Action

Words

Jesus
Is the good shepherd

Jesus
Is the vine
You are the branches

Jesus
Is the light
Of the world

Jesus
Is the bread of life

Actions

Make a giant "J" in the air to remind you of Jesus.
Hand over eyes like a shepherd watching over sheep.

Make a giant "J" in the air.
Hands together moving to make a vine.
Arms stretched out to make branches.

Make a giant "J" in the air.
Open and shut hands making a flashing movement.
Move hands to make a circle.

Make a giant "J" in the air.
Hands together as if holding a loaf of bread.

Group Challenges

Group Challenges are challenges that you will need to have one or two other people to do the activities with you. This week the group challenges have activities for mealtime and that include bread to help you remember that Jesus is the bread of life. Ask a family member to join in the activities with you.

Design Placemats

Supplies: thick paper, markers or crayons, the sheep, leaf, light bulb, and bread symbols from sessions of Cumberland Kid

Have each member of your family make a placemat to use on the table at meal times. You will need a piece of thick paper for each family member. Each person can decorate their placemat with words and pictures. Use your imagination. Another design option would be to use the symbols from the Cumberland Kid sessions. For example: sheep from I am the good shepherd session, leaves from I am the vine session, light bulb from I am the light of the world, and bread from I am the bread of life. At a meal, you can take turns pointing to one of the symbols and recalling the scripture and the activities you did that remind you of Jesus' "I am" statements.

Family Sandwich Night

Supplies: sandwich supplies such as bread, sandwich meat, cheese, condiments, chips, fruit, or any of the items your family would enjoy eating for sandwich night.

Choose a night to eat together as a family and plan to have a simple sandwich menu that might also include some chips or fruit. Each member of the family will prepare a sandwich, not for themselves but for another member of the family. When preparing the sandwich, each person will make sure that they are preparing the sandwich the way the person who will be eating it would prefer. When all the sandwiches are prepared, you can use the meal blessing before you eat. As you eat your sandwiches together it would be a great time to read the scripture from John 6: 35 and discuss it with your family. If your family made placemats, be sure they are on the table.

Friendship Bread in a Bag

Supplies: 1 gallon sized resealable plastic bag; 3 cups flour; 1/4 cup sugar; 1 packet yeast (rapid rise or regular); 1 cup warm water; 1/4 cup butter, melted; 1 teaspoon salt.

- To make the bread, combine 1 cup flour, sugar, and yeast packet in a bowl.
- Pour into a resealable plastic bag.
- Add warm water.
- Seal bag, carefully pressing out air.
- Begin shaking and mixing the bag by hand.
- Set the bag aside to rest for 10 minutes.
- While waiting, in a bowl combine 1 cup of flour with salt.
- After 10 minutes, pour this second mixture into the bag along with melted butter.
- Seal bag again, pressing out air. Shake and mix again.
- Open the bag and add in the last cup of flour.
- Seal bag, and mix for final time.
- When mixed, take dough from bag and place on a floured surface.
- With floured hands, knead dough for 5-10 minutes.
- Place dough in a greased loaf pan.
- Lay towel over the loaf pan and set it in a warm spot in your house.
- Allow the dough 30-45 minutes to rise.
- Bake at 375 for 25 minutes
- Enjoy eating the bread together with your family.

Digging Deeper Challenges

Digging Deeper Challenges will help you dig deeper into the weekly scripture what Jesus said about himself. A science experiment, making salt dough, and painting bread to have for a snack are the fun activities included to help you remember that Jesus is the bread of life.

Yeast and Sugar Science Experiment

Supplies: 2 tablespoons of sugar, 1 packet of active dry yeast, balloon, warm water, mixing bowl, spoon, funnel, bottle balloon will fit over.

Do this experiment close to a sink. Mix the yeast and sugar into the warm water and stir. Once the yeast dissolves, pour the mixture into the bottle and cover the bottle opening with the balloon. It will take time for the balloon to begin to inflate. The yeast eats the sugar and then gives off carbon dioxide, which inflates the balloon. Be patient and watch as the balloon grows. Once the bottle fills up completely, move the whole yeast sugar experiment to the sink. You can pull the balloon off and watch the foam slowly pour over the bottle's top.

Salt Dough Story Symbols

Supplies: 1 cup salt, 2 cups all purpose flour, 1 cup lukewarm water, food coloring (optional).

Combine flour and salt. Add water and stir until a dough forms. Knead the dough for about 5 minutes until smooth. Next, roll the dough out to the desired thickness to make shapes or designs. You could form shapes that remind you of the "I am" statements of Jesus. After you make your shape let it air dry or bake it at 200 degrees for 2-3 hours depending on the thickness of the dough.

Painting on Bread

Supplies: granulated sugar, food coloring, plastic bowls, brushes, white bread.

Make the paint as thick as you can so it won't make the bread soggy. There isn't an exact measurement of sugar and water to use because it will depend on the size of the sugar crystals. A good starting point is a tablespoon of granulated sugar, a dash of food coloring, and a tablespoon of hot water into a bowl and stir. The result should be a syrupy, colorful, and sweet edible paint. If the sugar hasn't completely dissolved, add a few more drops of warm water and stir. If the paint is too watery, add some more sugar. Make as many colors as you like and paint your bread. Enjoy eating the bread as a snack.



Final Thoughts on Cumberland Kid Summer Challenge

This is the last session of I AM a Cumberland Kid Summer Challenge. As you finish up your challenges, remember that Jesus used these "I am" statements to teach his followers more about himself. He wanted them to remember important things he said and did for a long time, and pass it along to other people. Please continue to think about how Jesus is like a shepherd, vine, light, and bread. Look for ways to share what you have learned with others!

Thank you for participating in "I AM a Cumberland Kid Summer Challenge"!



I AM the Bread of Life

