

## Discovery Time at Home for the Fifth Sunday of Easter, May 2, 2021

### Introduction

Explain how we are now past a midpoint in the season as we celebrate the Fifth Sunday of Easter. Over the season, we are focusing on the many ways we experience new life in Christ. Today we look at two images Jesus uses about our relationship with him, bread and a vine.

### This Week's Story:

As you begin, explain to your child(ren) that today you will consider two stories, both in John. Like last week, these stories are teachings that Jesus is giving. They are image based.

#### *John 6:35-38*

Jesus said, "I am the bread of life. Anyone who comes to me will never be hungry. Anyone who believes in me will never be thirsty. My Father gives me the people who are to be part of me. Every one of them will come to me, and I will accept them. I came down from heaven to do what God wants me to do.

#### *John 15:1-7*

Jesus also "I am the true vine; my Father is the gardener. The gardener trims branches so that they produce lots of fruit. Remain in me, and I will remain in you. Branches can't produce fruit alone. They must remain in the vine. It is the same with you. You cannot produce fruit alone. You must remain in me. I am the vine, and you are the branches. If a person remains in me and I remain in him, then that person produces much fruit.

Explain to your child(ren) that these teachings are not to be taken literally but poetically. Poetic imagery is a way to help us make comparisons between things.

Ask them what they think Jesus may be trying to say when he says he is "the Bread of Life". Bread is food. It nourishes us and keeps us strong. It is also made of flour and water. Many grains of wheat are needed to make flour. That reminds us how if Jesus is feeding us he does it to keep us together as a family in him. The bread of life image reminds us of communion. We eat bread in communion as a way for him to feed us spiritually and to hold us together because we share from one loaf of bread. Jesus is promising to take care of us and keep us together.

The other image Jesus uses is of a vine with branches. It is similar to the bread image in that it is about being fed and strengthened. Ask your child(ren) what happens to a branch when it is broken off of the vine or the bush. Jesus is reminding us that we need each other if we are going to be strong in our faith. When we are split away from the community we are not as strong in our faith, in our ability to share God's love in the world.

Vines also produce grapes which when squeezed become juice that we drink. We use grape juice in communion. Like the image of bread, it takes many grapes to make juice. When we share in communion, we become one with each other, even though we are all individuals.

## **This Week's Activity: Making Bread in a Bag**

In recognition of Jesus' image of being the "bread of life", why not make some bread this week. This is an activity that will definitely need some help from an adult.

### **What You Need:**

- 1 gallon (4 l) 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 (this can be to taste)
- Loaf pan
- Cooling rack

### **What you do:**

1. Combine 1 cup flour, sugar, and yeast packet in a bowl. Pour into a resealable (Ziplock style) bag.
2. Add warm water. Seal bag, pressing out air. Make sure the bag is sealed securely.
3. Begin shaking and mixing the bag by hand
4. Set bag to rest for 10 minutes (proofing)
5. In a bowl, combine 1 cup of flour with salt. Pour into bag along with melted butter.
6. Seal bag again, pressing out air. Shake and mix again.
7. Open bag and add in last cup of flour.
8. Seal bag, and mix for final time.
9. Pull out dough and place on a floured surface.
10. With floured hands, knead dough for 5-10 minutes
11. Place dough in a greased loaf pan.
12. Lay towel over the loaf pan and set it in a warm spot in your house. Allow the dough 30-45 minutes to rise
13. Bake at 375° F for 25 minutes
14. Remove when it is light brown in colour. It should sound hollow when you tap it.
15. Turn it out of the pan and leave to cool on a cooling rack

### **Conclusion:**

Close the session by eating the bread you made. Before you share the bread, pray this prayer:

Dear God, thank you for this bread that we are about to share. You have called us together to be a spiritual family and you feed us with holy food to help us grow closer to Jesus and each other. Be with us now as we eat together. Help us to grow in your love. **Amen.**