

K-2 | October 11

Bible Story: Jesus Feeds 5,000 • Matthew 14:13-21; John 6:1-14

Teaching Focus: Spend time with Jesus and Scripture so your spirit grows strong.

Weekly Verse: “It (that’s the Bible) is useful for teaching us what is true.” • 2 Timothy 3:16 NIRV

1. Opening & Prayer

“Today we’re going to learn about a time when a very large crowd came to see Jesus. As you watch the video, pay attention to what the people needed and what Jesus did.”

Let’s pray.

“Dear God, thank You for Jesus and for the Bible. Please help us focus, learn what is true, and understand how spending time with You helps our spirits grow strong. We love You. In Jesus’ name, amen.”

2. Video Lesson on Jellyfin

3. Discussion

“Let’s talk about what we learned in today’s Bible Story. A large crowd spent the day with Jesus, listening to Him and learning from Him. When the people became hungry, Jesus used one boy’s five loaves and two fish to feed thousands of people.”

- “What did Jesus do with the boy’s small lunch, and what does that show us about Jesus?”
(Jesus multiplied the food and fed everyone. This shows that Jesus is powerful and cares about what people need.)
- “Our Weekly Verse says, ‘It (that’s the Bible) is useful for teaching us what is true.’ That is 2 Timothy 3:16 NIRV. How does spending time with Jesus and learning from the Bible help our spirits grow strong?”
(The Bible teaches us what is true and helps us know Jesus. We can strengthen our spirits by reading or listening to the Bible, praying, worshiping, and learning about Jesus.)
“Food helps our bodies grow strong, but our spirits need to grow strong too. We strengthen our spirits when we spend time with Jesus and learn what is true from the Bible. Remember our **[Teaching Focus] Spend time with Jesus and Scripture so your spirit grows strong.**”

4. Two Fish and Five Loaves Plate Craft

What You Need:

- ☐ “Two Fish and Five Loaves Craft” printable, one per child
- ☐ White cardstock
- ☐ 9-inch paper plates, one per child
- ☐ Crayons or markers
- ☐ Child-safe scissors
- ☐ Glue sticks

What You Do:

Before the Activity:

- Print the craft page on white cardstock, one per child.



- Gather one plain 9-inch paper plate for each child.
- Make one completed sample showing the two fish and five loaves overlapping on the plate.
- Pre-cut several sets for children who need support with scissors or fine-motor tasks.

During the Activity:

- Give each child a paper plate and one craft page. Have the children write their names on the backs of their plates.
- Invite the children to color the two fish and five loaves.
- Count the pieces together: two fish and five loaves.
- Have the children cut along the dashed outlines. Help as needed.
- Let the children arrange the pieces on their plates. Encourage them to overlap the fish and loaves so the plate looks full, like the sample photo.
- Glue all seven pieces to the plate. Set the crafts aside briefly if the glue needs time to dry.

After the Activity:

- Invite the children to hold up their plates and count the two fish and five loaves one more time.
- Connect the craft to the **[Teaching Focus] Spend time with Jesus and Scripture so your spirit grows strong.**

What You Say:

Before the Activity:

“In today’s Bible Story, a boy had five loaves and two fish. Jesus thanked God for the food, and there was enough for everyone. Our plate craft will help us remember the small lunch Jesus used to feed a huge crowd.”

During the Activity:

“As you color, count the food on your page. How many fish do you see? (Pause.) Two! How many loaves? (Pause.) Five! Food helps our bodies grow healthy and strong. We also need to feed our spirits. Spending time with Jesus and learning from the Bible helps us know what is true and grow strong inside. Our Weekly Verse says, ‘It (that’s the Bible) is useful for teaching us what is true.’”

After the Activity:

“Hold up your plate and count with me: two fish and five loaves. Jesus cared for the crowd and gave them what they needed. Just as food strengthens our bodies, time with Jesus and Scripture strengthens our spirits. Remember our **[Teaching Focus] Spend time with Jesus and Scripture so your spirit grows strong.**”

EveryChild Pro-Tips

- Offer pre-cut pieces to children who find cutting difficult.
- Let a child color and arrange the pieces while a leader helps with cutting or gluing.
- Use a glue stick with a larger barrel or add a pencil grip if grasping is difficult.
- Invite children who finish early to count the pieces, retell the story, or help clean up crayons.

5. Body Strong or Spirit Strong (Optional, if time allows)

What You Need:

- ☐ No supplies needed

What You Do:

Before the Activity:

- Designate one side of the room as Body Strong and the other side as Spirit Strong.
- Have the children begin in the center of the room. Remind them to walk instead of run.
- Explain that you will name something that helps either the body or the spirit grow strong. Children will walk to the side they think matches.
- Tell the children that no one will be eliminated. If they choose the wrong side, they can move to the correct side after the answer is revealed.

During the Activity:

Round One: Body or Spirit?

- Read one prompt at a time. Give the children a few seconds to walk to the side they choose.
- Reveal the answer, briefly explain it when needed, and have everyone return to the center.
 - Eating healthy food: Body Strong.
 - Reading or listening to the Bible: Spirit Strong.
 - Drinking water: Body Strong.
 - Praying and talking to Jesus: Spirit Strong.
 - Getting enough sleep: Body Strong.
 - Worshiping Jesus: Spirit Strong.
 - Moving your body and exercising: Body Strong.
 - Learning about Jesus at church: Spirit Strong.

Round Two: Quick Choices

- Repeat the prompts in a mixed-up order, giving the children less time to choose a side.
- After each Spirit Strong answer, have everyone make a strong-muscle pose and say, "Spend time with Jesus and Scripture so your spirit grows strong!"
- End the game with everyone in the center making one final strong-muscle pose together.

What You Say:

"Healthy food, water, sleep, and exercise help our bodies grow strong. Our spirits need care, too. We can spend time with Jesus by praying, worshiping, and learning from the Bible. The Bible teaches us what is true and helps us grow strong inside. Remember our **[Teaching Focus]** *Spend time with Jesus and Scripture so your spirit grows strong.*"

EveryChild Pro-Tips

- Point clearly toward both sides of the room before each round so children remember where to go.
- Allow children to follow a leader or partner if they need help choosing a side.
- Children who need to remain seated can point toward Body Strong or Spirit Strong.
- For a small group, invite children to take turns calling one of the prompts.