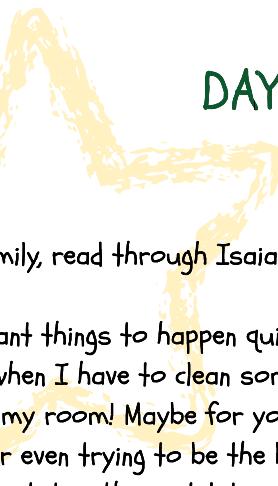


DAY 4



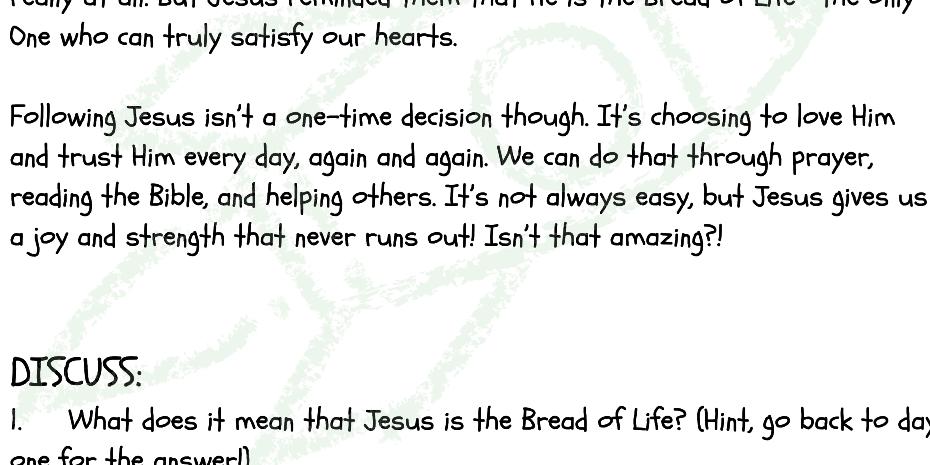
READ:

Together as a family, read through Isaiah 55:4

Sometimes we want things to happen quickly without really trying. I know I can be like that when I have to clean something I do not want to clean. For example, cleaning my room! Maybe for you it's finishing a chore, learning something new, or even trying to be the best at a sport! But if we want that change to last or stick with us, it takes practice, patience, and sacrifice. (Sacrifice means you give up something!)

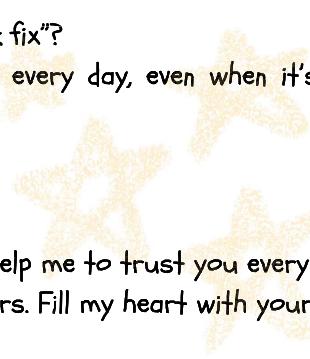
The people in the Bible wanted Jesus to give them a quick sign, like a miracle. Miracles are where God does something so amazing it is unbelievable! They wanted God to prove He was God without trusting Him or following Him really at all. But Jesus reminded them that He is the Bread of Life—the only One who can truly satisfy our hearts.

Following Jesus isn't a one-time decision though. It's choosing to love Him and trust Him every day, again and again. We can do that through prayer, reading the Bible, and helping others. It's not always easy, but Jesus gives us a joy and strength that never runs out! Isn't that amazing?!



DISCUSS:

1. What does it mean that Jesus is the Bread of Life? (Hint, go back to day one for the answer!)
2. Why do you think following Jesus isn't a "quick fix"?
3. What are some ways we can choose Jesus every day, even when it's hard?



PRAY:

"Dear God, thank you for being the Bread of Life. Help me to trust you every day and choose you over shortcuts or easy answers. Fill my heart with your love and strength. Amen."