



MIND
session page

Not Your Mama's Bread

John 6:35-51 | Session 10.32

Before the Session

Facilitator: In advance of the session

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the Bible Background Video ready to view.
- Encourage your group to listen to the Faithelement podcast ahead of the next session (Share the link via email or social media).

Context

Tell the group: *If you've been a believer for a long time, it's likely you've had to confront and change something you once believed. Share about that experience. Ask:*

- What was it like?
- If it was difficult for you to come to terms with the change, what made it so?
- How long did it take you to fully come to terms with the change and why?

Continue by asking:

- - Why is it so difficult sometimes to change beliefs we've held for a long time?
- - At what times is it necessary, and what cautions should we take when doing so?

Content

Read [John 6:35-51](#), and watch the Bible Background Video before asking:

- - Looking at this entire chapter to this point (you may want to review the previous two weeks), how do the people begin to view Jesus differently?
- - In light of the people's expectations, what is Jesus trying to do in this passage?
- - In what ways have the people "seen but not believed"?
- - What has Jesus said that should have upset his audience and why?
- - How are the people in this passage unable to see the current truth because of their old beliefs?
- - In what ways does Jesus change the discussion about bread over the course of this discussion?
- - To what greater truth did the miracles (manna in the desert, feeding of 5,000 people, etc.) point?

Closure

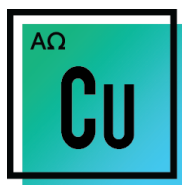
Continue by asking:

- - Given that Jesus challenged the way these people saw and thought about events that had happened centuries before, what are some other times when believers have had to reinterpret the things Jesus said and did?

- - Why do miraculous events not always lead to faith... even today?
- - With what kinds of beliefs and interpretations do you think the Church and individual believers are struggling today?
- - At what points do you think the Holy Spirit is present in this process – both as initiator of the change, and as guide through it?
- - How can we help other people who may struggle with those times when the things they expect from their faith collide with reality?

Close with prayer.

Writer: Jon Parks



CURRENT

session page

Not Your Mama's Bread

John 6:35-51 | Session 10.32

Before the Session

Facilitator: In advance of the session

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Thoroughly review all the referenced resources for this session in advance.
- Encourage your group to listen to the Faithelement podcast ahead of the next session (Share the link via email or social media)

Context

Show the group "Baking Bread - Some Common Mistakes" and ask:

- - What kitchen mistake do you best remember and why?
- - What is it about homemade bread that people love so much?
- - What are the some of the smells of your grandmother's or mother's kitchen that brings up good memories?
- - Why is it easy to cling to the past as pleasant, good memories and what's wrong with that?

Content

Read [John 6:35-51](#), and watch the Bible Background Video for this session. Continue by asking:

- - Why did John include a passage where Jesus reminds the Jewish leaders of their time in the wilderness and the manna they received, knowing that this memory also would likely spark criticism of how they complained during their Exodus from Egypt?
- - What were some false expectations that Jesus challenged by talking like he does in this passage?
- - What do you think Jesus meant when he indicated that the only people who came to him were the ones God sent?
- - How should we interpret Jesus' claims of never hungering or thirsting in the context of this passage?
- - Given the context of this passage, why do some Christians take part of it so literally?

Closure

Watch this [video interviewing Shane Claiborne](#) and ask:

- Since Shane says that we fear what we don't know, what fears do we have that prevent us from fully living as followers of Jesus?
- - When we hear the story of a child who gets an ice cream cone for his birthday whose reaction was to instantly share all that he has, and we think about Jesus' life and his words in today's passage, how does this inform our understanding of Jesus as Bread of Life?
- - At what points are we open to having someone challenge us in our own journeys of faith?
- - If Jesus came into your sanctuary, and talked about being the bread of life, especially in a way that challenges your past, how would you or your community respond?
- - What would Jesus tell us today we have to do differently to receive bread of life?

Invite the group to contemplate all the ways Jesus is bread of life for them and those they encounter in their daily lives as you share this song from Steve Angrisano.

Close in prayer that God help you share the bread and invite all to the table.

Writers: Crystal Shepherd and Steve McClain



MYSTIC
session page

Not Your Mama's Bread

John 6:35-51 | Session 10.32

Before the Session

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the Bible Background Video ready to view.
- - Materials needed: Print the case studies below – one per page, and copy enough for each group member to have one of them.
- Encourage your group to listen to the Faithelement podcast ahead of the next session (Share the link via email or social media)

Context

Read aloud John 6:35-51 then share the Bible Background Video

This is a situational exercise, designed to engage the participants' understanding of Jesus' love and concern for them.

Reflection

Invite the group to consider the following case studies by giving each person one of the case studies, or assigning case studies to smaller groups or pairs:-

- You are an official who has been directed with your coworkers to do something that is obviously morally repugnant. You need your job, but people are in anguish as a result of your actions. Jesus walks into the

situation. What does he say to you and your coworkers? Imagine what the possible reactions to his words are. How might his words evoke push-back or grumbling or even anger? How might his words truly provide some bread?

- - You are in the middle of a debate in a room where there are many differing viewpoints. Everyone on every side is arguing and may soon be coming to blows. Jesus walks into the situation. What does he say? Imagine what the possible reactions to his words are. How might his words evoke push-back or grumbling or even anger? How might his words truly provide some bread?
- - You are sitting with the type of person who most angers you. Imagine you are trying to have a conversation with this person, but you both keep butting heads. Jesus walks into the situation. What does he say? Imagine what the possible reactions to his words are. How might his words evoke push-back or grumbling or even anger? How might his words truly provide some bread?
- - You are watching the evening news reports of an outlet with which you disagree. Jesus sits down next to you starts to comment on the people in the report and the reporters. What does he say? What is your reaction? How might his words evoke push-back or grumbling or even anger? How might his words truly provide some bread?

Invite volunteers to share their insights on the case studies, then ask:

- - What did you learn from hearing people's responses to their situations?
- - How did you feel about other people's situational reasoning and why?
- - How do we know when the voice we feel we hear from Jesus is not our own voice?

Close with this guided prayer (pause between each prompt):

- - How do we know when the voice we feel we hear from Jesus is not our own voice?

Writer: Joy Yee



MEDIA
session page

Not Your Mama's Bread

John 6:35-51 | Session 10.32

Before the Session

- Have the Bible Background Video ready to view.
- Review today's scripture text and the session activities to help better facilitate the discussion.
- Encourage your group to listen to the Faithelement podcast ahead of the next session (Share the link via email or social media).

Context

Play the [Slap Your Mama video](#) and ask:

- - What is the meaning of this old southern phrase that has been revived in recent years?
- - When you think of restaurant chains that market themselves as southern US cuisine, what restaurant(s) do you think about?
- - What in life makes you wish you could change what your parents taught you about food?
- - What do you wish your parents had not taught you about faith in God?

Content

Read John 6:35-51, then watch the Bible Background Video, then ask,

- - How do we know that Jesus could easily see the crowd's confusion?
- - Why are some of the leaders so upset over this "bread" talk?
- - What is Jesus' response to some of them grumbling about his words?
- - Why is mentioning their complaining so important to this passage?
- - Why would Jesus' talk sound scandalous, both at the time and now?
- - What did you think of Nikki's example of her professor talking about "mama and them theology" and why?

Closure

Continue by asking:

- - Changing subjects, why are alligators so often an aggressive predator?

Play the Mama Says movie clip and ask:

- - How did Bobby feel about hearing people say things different than mama taught?
- - How do you feel when people challenge your childhood beliefs and why?
- - How can we know when God is challenging our embedded beliefs or when we are simply questioning our faith?
- - What can we do to help people drop their personal expectations of what they want from Jesus and instead accept Jesus as he is?

Close in prayer.

Writer: Jon Self



Not Your Mama's Bread

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Before the Session

Facilitator: In advance of the session

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the Bible Background Video ready to view.
- Place nine books in the middle of your meeting area in a "three by three" grid (See Context)
- Listen to the FaithElement podcast for this session.

Intro

Listen to the song from Footloose and ask:

- - What do you think of Mama's advice as given in this song?
- - How could someone still believe those things as a grown man?
- - What things were you told by your friends or parents that you now look back on as being silly and why?

Context

Place nine books on the floor and have a stick or baton ready to point to individual books. You will need an accomplice, who already knows the trick to help you. Have your accomplice leave the room and have a volunteer choose one of the books at random to be the secret book. Your accomplice will come back in and discover which book is the secret book.

The way the trick works: Imagine each small book is a representation of all the books (with all the books being one large book). Once a secret book has been chosen and your accomplice comes back begin by pointing at one of the individual books in the precise location of the secret book as if the individual book represented all the books. (In other words, since you placed the books out in a 3x3 grid, imagine the cover of the first book you choose as a 3x3 grid. The spot you pick is the location of the "secret" book from the books as laid out.) Ask your accomplice if this is the correct book, and continue asking about books until your accomplice correctly identifies the correct book.

When someone believes they have figured it out, let them try and continue until everyone has figured out the trick. Ask: What strategy did you use to get more balls in your bucket than in your opponent's bucket?

- - Why was it so difficult to figure out what was going on in this activity?
- - How did your mind start going in wrong directions to figure it out?
- - When have you thought you understood something, only to realize that you had no clue?
- - What understandings of your faith have recently been challenged?

Content

Read [John 6:22-35](#), and watch the Bible Background Video before asking:

- - What does Jesus claim to be in this passage?
- - Why does he use the image of bread to explain who he is?
- - Why did the Jews not like what Jesus was saying?

- - Why did they doubt that Jesus was who he said he was?
- - What were they expecting from the Messiah?
- - Why didn't Jesus measure up to their expectations?
- - What does Jesus claim will result to someone who eats from the bread, and what does that mean?

Closure

Watch together "[Cartoons Christian Kids Weren't Allowed to Watch](#)" and ask:

- - How did you feel about this video and why?
- - In what ways do you personally get stuck in believing God can only work in a specific way?
- - How many churches have you attended, and what is different about each one?
- - How would you feel if your church changed the way they did things?
- - If Jesus came to make things new, what would you say about a church unwilling to change?
- - When has God worked in your life in a way that was completely surprising?
- - How can we help other people be more open to being surprised by God's working in their lives?

Close this session in prayer.

Writer: Don Breeden



MIX
session page

Not Your Mama's Bread

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Before the Session

Facilitator: In advance of the session

- Have the Bible Background Video ready to view.
- Review today's scripture text and the session activities to help better facilitate the discussion.
- Encourage your group to listen to the Faithelement podcast ahead of the next session (Share the link via email or social media).

Context (From the Current Session Page)

Show the group "Baking Bread - Some Common Mistakes" and ask:

- - What kitchen mistake do you best remember and why?
- - What is it about homemade bread that people love so much?
- - What are the some of the smells of your grandmother's or mother's kitchen that brings up good memories?
- - Why is it easy to cling to the past as pleasant, good memories and what's wrong with that?

Content (From the Mind Session Page)

Read [John 6:35-51](#), and watch the Bible Background Video before asking:

- - Looking at this entire chapter to this point (you may want to review the previous two weeks), how do the people begin to view Jesus differently?
- - In light of the people's expectations, what is Jesus trying to do in this passage?
- - In what ways have the people "seen but not believed"?
- - What has Jesus said that should have upset his audience and why?
- - How are the people in this passage unable to see the current truth because of their old beliefs?
- - In what ways does Jesus change the discussion about bread over the course of this discussion?
- - To what greater truth did the miracles (manna in the desert, feeding of 5,000 people, etc.) point?

Closure (From the Media Session Page)

Continue by asking:

- - Changing subjects, why are alligators so often an aggressive predator?

Play the [Mama Says movie clip](#) and ask:

- - How did Bobby feel about hearing people say things different than mama taught?
- - How do you feel when people challenge your childhood beliefs and why?
- - How can we know when God is challenging our embedded beliefs or when we are simply questioning our faith?

- - What can we do to help people drop their personal expectations of what they want from Jesus and instead accept Jesus as he is?

Close in prayer.