



# JESUS COOKS BREAKFAST

# IJ4-7

Theme

Easter / New Starts

Intro  
Appendix B

What is your favourite age you've ever lived?

Game  
Appendix B

Fill the Cup

Notes:

## Story & Notes

Ref: John 21: 1-17  
Jesus Cooks Breakfast - Appendix A

- TV when ill. Waking up. Saying the wrong thing: "Do you do that?"
- Can't go back, only forward.
- Disciples wanted to go back: Emotional rollercoaster
- Invitation to something better: Breakfast!
- Not ignoring or pretending: Starting again.
- Friendship and forgiveness
- The future is better

Reflection & Response  
Appendix B

## It's Jesus, who is He to you?

Comforts | Helps me start again | Hopeful | never gives up | forgives

## Song suggestion

'Strong and Brave' by Big Ministries

Prayer

**God sometimes we scream and we shout "I want to go back". It's a strong and powerful feeling. Thank you for those times and places that we loved, for those memories in our minds and hearts. God sometimes we can't wait to escape; to get away. Thank you that those bad and difficult moments are over, done and gone forever. Thank you for that invitation to start again, for that new day and new dawn where we can look to the future.**

## Equipment

Large glass | Liquid | Jug  
Towel | Paper towel | Stand

## Suggested Entry Music

Pure Imagination  
Gene wilder





## Story

### John 21: 1-17

*Easter had been the best and worst week of Jesus's life; starting with celebrating with his friends and promises of sticking together, it wasn't long before Jesus was betrayed by one of them, then arrested whilst all the others ran away scared. Jesus was falsely tried, then hung on a cross to die. He was buried in a tomb, then, amazingly, resurrected and came back to his friends and followers. This story takes place after the events of Easter...*

Afterwards Jesus turned up by Lake Galilee. It happened like this:

Simon Peter, Thomas, Nathanael, James and John, and two of Jesus' other friends were all together on the shore, looking out across the water, shell-shocked by everything that had happened. "I'm going fishing" announced Simon Peter, and the rest of them all went too - getting into the boat and putting it out to the water.

They fished all night long (because night time is the best time to catch fish) and they caught... nothing. By the end of the night they were feeling tired and grumpy.

Early in the morning, after they had spent all night fishing, Jesus arrived at the beach - but none of the friends recognised him. Jesus called out to them: "Hello friends, have you caught any fish?"

"No." They all said together.

"Throw your net out on the other side of the boat" Jesus said, "and then you will catch some."

They did what he said and, to their amazement, they caught loads of fish, so many they could not pull the net back up into the boat.

Suddenly John realised who it was: "It's Jesus!" he said. When Peter heard this, he jumped straight off the boat and into the water and swam to Jesus. The others rowed their boat near to shore, dragging the great net of fish behind them. When they arrived at Jesus they found him having breakfast.

"Come" said Jesus "have some bread, bring the fish to eat too". As they sat around the fireside, none of the friends asked him, "Who are you?" They knew it was Jesus. This was the third time Jesus showed himself to his friends after he was raised from death.

When they had finished their breakfast, Jesus took Simon to one side. This is the moment that Simon had been waiting for - Simon who was the first to promise to stand by Jesus, and the first to run away scared.

"Simon" said Jesus, "do you love me?"

"Yes of course" Said Simon "and I'm so sorry for running away."

Jesus smiled. "Simon, do you love me?" he asked again.

"Yes I do" said Simon "and I really am so sorry, I'll never leave you again."

Jesus smiled "do you LOVE me?" he asked again.

Well now Simon was getting annoyed: "Yes Jesus, I've told you twice now - I love you"

"I love you too" said Jesus back to him, and I'm trusting you to carry on all my work when i'm gone - you're going to be my boss man. This time, it was Simon that smiled...



## Appendix B

### Introduction

Whats your favourite age you've ever lived? Why?

common answers include: current age | toddler | baby (opportunity to joke about cuddles/eating and pooing!)

Notes:

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### Game: Fill the cup

One at a time, each volunteer must pour some water from the jug into the glass, as much as they like - but they are not allowed to spill any over the edge (it may be advisable to limit the quantities of the first pour). The next child then pours some more water into the glass in a similar way with the same rules. Continue in this fashion rotating round the volunteers until a drop spills over the edge of the cup. The tension will mount as they get closer to the rim - Non-spillers are the winners!

*NB. Best to use flat Coke (or cold coffee) as a darker liquid is more easily visible. Putting a paper towel underneath the cup helps visibility of spills. You might prefer to used beads or marbles for an easier clean up.*

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**Reflection:** When I feel really ill I tend to go back to watch TV shows from when I was younger because they're comforting and familiar and they remind me of the time when everything was easier. Do you do that?

Some days I wake up and I don't want to get up! I groan and I wish I could go back to sleep. Do you do that?

Sometimes I say something and immediately I think "I wish I hadn't said that". "I wish I could take that back". Do you do that?

But you can't go back, once something is done, its done forever and all we can do is go forward - that can be an upsetting thing.

Peter, John and the rest of Jesus' friends had certainly had their lives upset. They had left their jobs and families to follow Jesus. For three years he taught them and trained up, then he had been taken from them and hung on a cross. But after seeing him dead and buried, he had now appeared to them at least three times, alive!

He was telling them that it wasn't time to go back, but to keep moving forwards.

For them it was an emotional rollercoaster - they found the whole thing very difficult to deal with and all they wanted to was go back. Go back to a simple and familiar time and pretend like they hadn't grown up. And so here they are fishing: It's a calming, mindful, familiar activity they know well - it helps them to feel like they've got back to the 'good old days'.

Jesus' friends want to go back. But Jesus gives them something better - something better than all the best things that have ever happened, Jesus invites them to... breakfast!

Jesus invites his friends to start again.

Its not pretending that the good things and the bad things never happened, his invitation is to leave those things where they are, and look forward.

And I think we can see in this story that the future is better. Jesus invitation is to friendship, joy, hope, strength, and restoration.

It's so easy to get stuck and wanting to go back especially when right now seems a bit rubbish. Jesus' Easter tells us that you can start again: the future is even better.



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