

## **Workshop: Cooking**

**Scripture:** Matthew 6:7-15

**Activity:** Bake Prayer Pretzels

### **Lesson Materials**

#### ***To Tell the Story:***

- *The Lord's Prayer* by Tim Ladwig

#### **To Bake Prayer Pretzels:**

- Hand sanitizer
- Refrigerated pizza dough
- All purpose flour
- Wax paper (work mat)
- Masking tape
- Cookie sheets
- Parchment Paper
- Sharpie Marker

#### *Advance Preparation:*

- Tape down a piece of wax paper for each child to use as a work mat
- Preheat oven to 425F degrees
- Line baking sheet with parchment paper

#### **To Make Prayer Pretzel Reminders:**

- Prayer pretzel tags
- Scissors
- Heavy cardstock
- Staplers
- Snack size bags of pretzels

#### *Advance Preparation:*

- Photocopy prayer pretzel tags onto heavy cardstock

### **Make Prayer Pretzels**

**Say:** Today we are learning about Lent. There are a lot traditional practices during the season of Lent. One of those is prayer. We want to pray every day no matter the season, but in Lent we take special time to pray.

**Ask:** I wonder how you would describe prayer? *(allow children to give answers defining prayer, be sure to affirm each idea)*

**Say:** Prayer is a great way to talk with God and get to know God better and how God wants us to live everyday. In the early church, many people prayed by crossing their arms *(demonstrate)*. Today we are going to make prayer pretzels to remind us to pray always. The pretzel has been used during Lent for over 1500 years. The legend tells us that monks make them to resemble arms crossed in prayer. These breads were called "little arms."

**Direct** children to a work station to begin making prayer pretzels

- Lightly flour each child's work mat and then give each child a about 1/2 cup of dough
- Roll out a 24" long rope
- Form the ropes into pretzels by making a circle with them then twisting the two ends together and bringing it down onto the bottom of the circle
- Place on baking sheet and write child's name next to his/her pretzel
- Bake 12 - 16 minutes until golden brown

### **Explain the Practice of Prayer**

**Say:** When we pray, we are talking with God. Sometimes we pray by just chatting with God about all sorts of things and letting God know how

we feel and what we need. Other times, we may want to pray a special prayer. In the Bible, Jesus teaches us all to pray the Lord's Prayer.

**Read** *The Lord's Prayer* by Tim Ladwig while the pretzels are baking

**Say:** Jesus taught us to pray about every day things and to come to God as a loving parent. During Lent, we can find extra time to pray and talk with God, especially by saying the Lord's Prayer.

### **Make Prayer Pretzel Reminders**

**Say:** While we are waiting for the pretzels to bake and cool, we're going to make prayer pretzel reminders to share with the congregation on Sunday.

**Direct** children to a work area to assemble prayer pretzel reminders

- Cut prayer pretzel tags
- Staple one tag to the top of a each snack size pretzel snack
- Assemble as many as time allows but be sure children have time to enjoy their fresh baked pretzels

### **Prayer Pretzel Snack**

**Say:** Our prayer pretzels are ready to eat. Before we enjoy our snack, let's pray together by crossing our arms.

**Pray:** Holy God, we ask you to bless these little breads. Each time we eat them may we be reminded of the special season we are in and that through prayer we will come to know you better. Let us not forget those who are in need of our prayers daily. Keep your loving arms around us, loving God, to protect us always. Amen.



### ***Prayer Pretzels***

Around the year 610, an Italian monk made a treat for the children who had learned to recite their prayers. Christians in those days prayed by folding their hands across their chests with each hand touching the opposite shoulder. This clever monk formed the dough so that it would look like hands folded in prayer. These little breads were called *bracellae*, the Latin word for “little arms.” Today, we call them pretzels.

*Holy God, may these pretzel snacks remind us to always turn to you in prayer. Amen.*



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