

Unleavened Bread:
Symbol of Israel's quick escape from Egypt.



⁸ They shall eat the lamb that same night; they shall eat it roasted over the fire with unleavened bread and bitter herbs.

Exodus 12:8



At the heart of the Hebrew experience with God is the story of the time God heard the cries of the people in Egypt. And God rescued the people from Egypt bringing them to the

Promised Land.

The Hebrew people lived for 400 years in Egypt, since the time of a great famine when Jacob's family moved to Egypt as a place of safety during that famine. 400 years later, Egypt was now a land of oppression and they wanted out.

God chose Moses to be his champion in Egypt. Moses was the baby who escaped Pharaoh's death order; Moses is now a fugitive who fled Egypt to escape being tried for murdering a soldier. Moses was not eloquent with words. And yet, God still sent him to be the one to face Moses and to cry out, "Let my people go!"

Pharaoh was not so quick to respond to Moses' request to let his people go, and the LORD worked to bring 10 plagues to Egypt to teach them there is only one God, the LORD of Israel.

The Pharaoh finally let the Hebrew people go, though not without a quick try at reversing his decision. The final defeat of the Egyptian army at the Red Sea proved that the LORD was indeed working miracles to save the chosen people.

Moses: Let My People Go

Pharaoh: No Way!

Moses: Are you sure?

Pharaoh: Yeah Way!

The Ten Plagues the LORD brought onto Egypt

1 Exodus 7:17-18 Water turned to Blood

2 Exodus 8:1-4 Frogs

3 Exodus 8:16-17 Lice

4 Exodus 8:20-22 Flies

5 Exodus 9:1-4 Dead Livestock

6 Exodus 9:8-9 Boils

7 Exodus 9:22-23 Hail

8 Exodus 10:4-5 Locusts

9 Exodus 10:21-22 Darkness

Moses: Let My People Go

Pharaoh: No Way!

Moses: Are you sure?

Pharaoh: Yeah Way!

10 Exodus 11:4-7 Death of first born children

Pharaoh: Get out.

Read Exodus 12:1-14

Write here what the menu was for the Passover meal: _____

When we talk about communion, what menu items connect our sacrament to the Passover meal? _____

At the heart of the Passover meal is a lamb. What title do we sometimes use for Jesus that connects with this menu item? _____

The Passover meal was to be eaten hurriedly, for there was no time to wait God was about to act, and the people had to be ready to go. When we share communion, how do we see God acting and in what ways does it prepare us to go from worship into the world? _____





These questions should be answered in a family group. Children, parents, grandparents, uncles and aunts, cousins—all together hearing the story of their faith milestone.

When did you first receive communion? _____

Who was the pastor? _____

How did your family celebrate the occasion?

What do you remember from the classes you took before receiving communion?

What do you wish the pastor had told you about communion?

When you come forward to receive communion, what goes through your mind today? _____

What hymn/song do you most associate with receiving communion?

What is your favorite bread? _____

What is your favorite memory of a meal, other than communion, that you shared at church? _____

Who is someone you really wish you could have a meal with? _____

How do you know that Jesus is present in the bread and wine that we share at communion?

Bake bread together to share at a family meal. Use a family recipe, one you find online, or try this recipe that we sometimes use at church for communion.



This recipe makes about 4 loaves.

Ingredients:

- 5 cups whole wheat flour
- 2 teaspoons salt
- 2 teaspoons baking powder
- 2 tablespoons oil
- 1 $\frac{3}{4}$ cups water (approximate measure)
- $\frac{1}{2}$ cup honey (approximate measure)

Mix/Sift dry ingredients (flour, salt, baking powder). Cut in oil. Stir honey into water then add to flour mixture. Dough will be sticky. Divide dough into four (4) equal parts. Sprinkle lightly with flour to make handling dough easier. Roll or shape each loaf to approximately $\frac{1}{4}$ inch thickness. (An 8 inch round cake pan, or standard size dinner plate are helpful instruments in shaping.) Don't over work the dough, it will get tough.

Bake at 350 degrees for approximately 12 to 15 minutes on a greased and floured cookie sheet. Half way through baking time remove and lightly dab surface with oil. Don't over bake or bread will get very crumbly and hard. (It's better to under bake.) Watch for burning of bottom edges. You may lightly dab again with oil during cooling on wire rack. When cool, wrap tightly in plastic. Can be frozen, simply thaw at room temperature.