

Passover (Pesach) Meal

Simple & Scriptural Preparation Guide

Exodus 12

Passover is a remembrance of deliverance.
The focus is redemption, protection, and covenant faithfulness.

Unleavened Bread (Matzah)

Exodus 12:8
“They shall eat it with unleavened bread...”

Ingredients (Basic Recipe)

- 2 cups flour
- $\frac{3}{4}$ cup water
- Pinch of salt (optional)

Steps

1. Preheat oven to 425–450°F.
2. Mix flour and water quickly (no yeast, no rising agents).
3. Roll dough thin cracker thin.
4. Poke holes with a fork.
5. Bake 5–8 minutes until lightly browned.

Tip: From mixing to oven should be under 18 minutes to prevent natural fermentation.

Meaning:

Unleavened bread represents haste, sincerity, and removal of corruption.

Bitter Herbs

Exodus 12:8

“...with bitter herbs they shall eat it.”

Examples

- Romaine lettuce
- Endive
- Plain horseradish

Purpose

Bitter herbs remind us of:

- Bondage
- Affliction
- Hardship in Egypt

They are a physical reminder of spiritual oppression.

Lamb (Traditional Observance)

Exodus 12:8–9

“Roasted with fire... not boiled.”

The lamb represents deliverance through blood protection.

If You Are Not Slaughtering a Lamb

Many families:

- Prepare roasted lamb purchased from a store
- Or use a roasted bone symbolically

The focus is remembrance not perfection of ritual detail.

Remove Leaven (Before Unleavened Bread Week)

Exodus 12:15

Before the Feast of Unleavened Bread begins:

Search your home for:

- Yeast
- Baking powder
- Baking soda
- Leavened breads
- Fermented dough products

Clean intentionally.

Reflect spiritually:

Leaven often symbolizes pride, corruption, and sin.

Physical cleaning mirrors heart cleansing.

Preparation Mindset

Passover is not a dinner party.
It is a covenant remembrance.

Before preparing the food, prepare your heart.

Ask:

- What has YAHUAH delivered me from?
- Am I walking in obedience now?
- Have I removed spiritual leaven from my life?

Simple Passover Checklist

Remove leaven from home
Prepare unleavened bread
Prepare bitter herbs
Prepare lamb (if observing)
Read Exodus 12 aloud
Reflect and give thanks

Passover is not about ritual perfection.
It is about remembering deliverance.

We remove leaven from our homes
and from our hearts.