

WEEK FIVE

Pretzel Prayer

Make pretzels (or purchase the frozen pre-made ones that you just bake). Refer to the handout for recipe.

To learn more about the connection between Lent and pretzels, read *Pretzels by the Dozen* by Angela Elwell Hunt!

Building Block Prayer

Use building blocks (like Lego or wood blocks) to build a prayer. Each brick or block represents a prayer request or praise.

Body Prayer

Take 3 deep breaths.

God, you are above (*reach toward the sky*),

below (*touch your toes*),

inside (*hands to heart*),

and all around (*big arm circles*).

I worship you (*reach toward the sky*),

and give my life to you (*touch your toes*).

And I love you (*hands to heart*)

with all that I am (*big arm circles*).

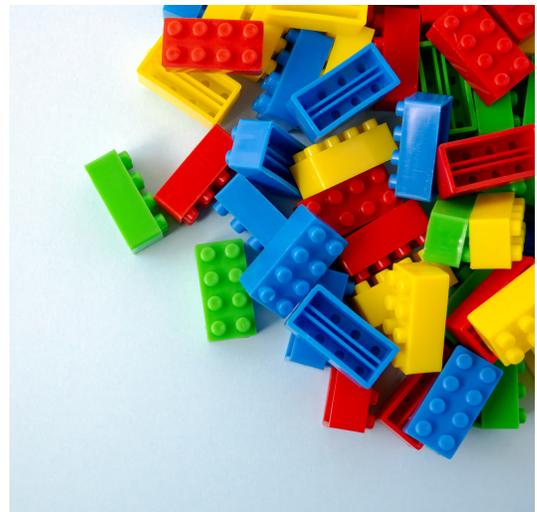
Take 3 deep breaths.

From

www.illustratedministry.com/2017/ways-to-pray-with-kids/

YOU WILL NEED:

- *Pretzel Prayer Handout*
- *Ingredients listed on handout*
- *Building Blocks*



Pretzel Prayer



"A young monk baked the first pretzel - making a Lenten bread of water, flour, and salt, forming the dough into the prayer position of the day and baking it as a soft bread. These little breads were shaped in the form of arms crossed in prayer and were called braccellae (Latin, 'little arms'). Among the Germans the word became 'bretzel.' These pretzels were a common Lenten food throughout the Middle Ages in Europe, and became an all year round snack, in its original shape only in the last (19th) century."

(from bustedhalo.com/life-culture/pretzels-and-lent)

Make Pretzels!

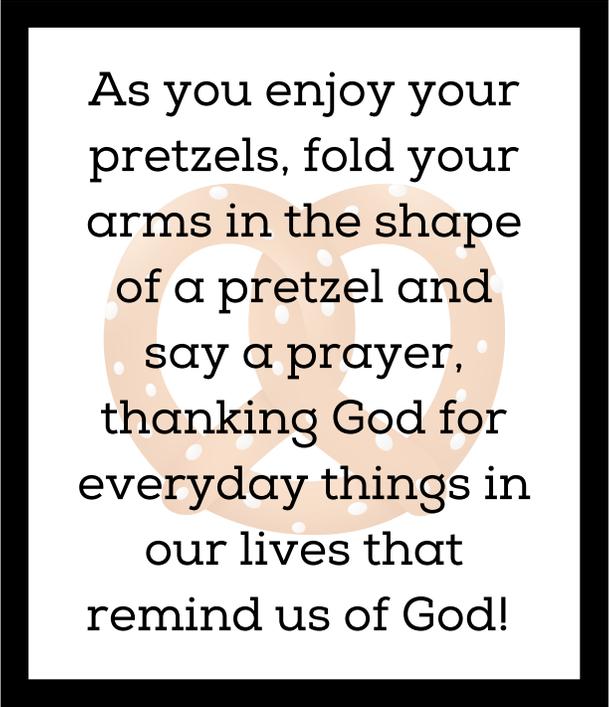
Make your own pretzels or purchase them pre-made

Ingredients:

1 package of yeast
1 ½ cups of warm water
1 Tablespoon sugar
1 teaspoon salt
about 4 cups of flour
1 egg (optional)
Extra salt for the tops - large salt works best

Steps:

Mix the yeast, water, sugar and salt in a large bowl. Stir in the flour and knead the dough until it is smooth. Shape into the form of arms crossed in prayer and place on a baking sheet. Brush the dough with a beaten egg to give it a shiny finish (optional). Sprinkle the top with salt and bake in a 425 degree preheated oven for 15 minutes.
(recipe from catholicicing.com/pretzels-for-lent/)



As you enjoy your pretzels, fold your arms in the shape of a pretzel and say a prayer, thanking God for everyday things in our lives that remind us of God!