

Cooking Workshop “Gloria Dei Live”
The Great Escape: Moses Leads the Israelites Out of Egypt
Gloria Dei Lutheran Church, Olympia, WA

Scripture: Exodus chapters 5-15

Memory Verse: Romans 8:38-39 (NIV) *Same as the kids' Bibles.*

"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

Bonus Verse: Exodus 15:2

"The Lord is my strength and my song."

Cooking Workshop: “Gloria Dei Live!”

Teaching method: Students will experience the making of unleavened bread. Discuss the first Passover and the Israelites' departure from Egypt.

Objectives:

1. The students will discuss the Passover and the Israelites' departure from Egypt.
2. The students will experience the making of unleavened bread.

Supply List

(Please Note: You have the option of making Gloria Dei's Communion Bread Recipe Instead. The Recipe and Ingredient List are on the last page.)

- Ingredients for bread making recipe
 - 1 cup whole wheat flour
 - ¼ tsp salt
 - 1 tbsp butter
 - 2 tsp oil
 - ¼ cup water
- Utensils for making bread: Bowl, measuring cups and spoons, bread board, fork, timer, cookie sheet.
- Cups and water for drinking
- Napkins
- One loaf of yeast bread
- Copies of the Faith Journal page
- Read with Me Bible for Introduction, Bibles for Referencing

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Dig In

Say: Today we will learn more about the story of how God saved the Israelites from slavery in Egypt.

Ask: Who remembers learning about Joseph and his colorful coat?

Joseph had a run-in with his brothers and they sold him into slavery. What country did Joseph end up in? (Egypt)

Say: It was a long story but it ended up that Joseph’s brothers all became friends again and the whole family moved to Egypt. Our Bible story for today takes place in Egypt.

[Use pictures in the *Read with Me Bible* to tell the following story. Show page numbers as indicated.]

Say: Now it is 400 years since the time of Joseph. Joseph and his brothers have died but their descendants are numerous! [page 93] We call Joseph’s descendants “Israelites”. They were also called “Hebrews”.

The king in charge in Egypt, Pharaoh, said there were too many Israelites. [page 95] So he made their life miserable – he made them slaves. They had to make bricks from clay and straw. Pharaoh also said, “don’t allow any baby boys to live. Throw them into the Nile River.” About this time there was a boy born, named Moses. [page 97]

Ask: Do you remember the story of Moses?

[Briefly summarize that Moses was hidden in a basket in the Nile River, found by Pharaoh’s daughter, and grew up in Pharaoh’s palace. pages 98, 99 and 100]

Ask: When Moses was much older, 80 years old, God spoke to him. What did God use to get Moses’ attention? [page 102]

Say: God spoke to Moses through a burning bush. God said, “I have heard my people in Egypt crying. I know they are suffering as slaves. I want you, Moses, to go and rescue them. Tell Pharaoh to let my people go!” Moses wasn’t so sure about this task, but he eventually went to see Pharaoh with his brother Aaron. [page 104]

Ask: What happened when Moses and Aaron said, “let my people go”? (Pharaoh said no)

Say: In order to convince Pharaoh to allow the Israelites to leave, God sent trouble on the Egyptians. God showed his power. He sent ten plagues on Egypt.

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Ask: What’s a plague? (something really bad that causes a lot of suffering)

Say: You’ll be learning about all the plagues in other workshops. Today we are going to talk about the last plague.

Briefly discuss what this tenth plague was.

Make the bread then, while it bakes, do the following:

For Grades 2-6:

Distribute Bibles.

Ask: Do you remember where in our Bibles we find the story of Moses? (OT, Exodus)

Have everyone find Exodus 11:1 in his or her Bible. Ask someone to read this verse.

[Have them keep their Bibles open.]

Say: This tenth and last plague was the worst of all. All firstborn sons of the Egyptians would die. But the Hebrew people would be protected because God told them what to do. Each family was to kill a lamb and take some of the lamb’s blood to paint on the door frames of their houses.

Have everyone turn to Exodus 12:23-27. Have students take turns reading.

First Grade Option:

Say: We find the story of Moses in the Old Testament of the Bible, in the book of Exodus.

Read them pages 117-120 in the *Read with Me* Bible, showing the pictures as you read.

For all students:

Say: That night, Pharaoh let the people go. In fact, he wanted them to hurry up and go!

Ask: Since they had to leave in a hurry, what do you suppose the people took with them? (allow a few answers)

Say: One of the things the people took with them was bread dough. The bread dough we made is like the Hebrew people would have made.

Application: Making the Bread

Reiterate that the Israelites were instructed by God to eat quickly so that they could leave Egypt as soon as possible. Emphasize that God is commanding the Israelites to remember the Exodus, and God’s salvation, through a celebration of worship.

God is very specific about how the Israelites are to worship Him during the Festival

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of Thin Bread (Ex. 12:17) and Passover (Ex. 12:43).

Tell the children that they are going to make thin, or unleavened, bread like the Israelites did that night, and will be able to eat it before Sunday School is over. Have each child wash their hands.

Make the Bread. The bread recipe below makes enough bread for 8-10 children. For class sizes greater than 10, divide the class into teams and make two batches of bread. Assign each child a role in making the bread. The following roles may be used:

- a) Measuring and pouring the flour into the bowl.
- b) Measuring and pouring the water into the bowl.
- c) Measuring and pouring the salt into the bowl.
- d) Measuring and pouring the butter into the bowl.
- e) Measuring and pouring the oil into the bowl.
- f) Flattening the bread
- g) Perforating the bread with a fork

Children may be given the chance to knead the dough with their hands for a few seconds, if time allows before the flattening and perforation.

Bake the bread. When the bread is ready, cut it into small pieces for the children to share.

While the bread is baking, have the following discussion, include the Bible study from page 3:

Ask the children if any of them know what yeast is, and why God would not want them to use it in their bread making? Explain that yeast makes the bread rise, and takes an extra 30 minutes or more, depending on the size of the loaf. Showing them a loaf of bread using yeast would help them understand the difference.

Before eating the bread, ask the children to bow in prayer. Lead them in a prayer that thanks God for keeping his promise to always be with us and for all the ways God cares for us.

Ask children to describe how we worship God? When? Where? What parts of the worship service can they recall? Make sure communion is on the list. What does

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the unleavened bread in this story – like the bread we made today – have in common with the bread we use for communion? (both are unleavened)

This is why we use unleavened bread. It all started with the Passover. Passover is still celebrated and remembered during Holy Week each year. God commanded the Israelites to worship Him, and freed them from slavery so they could worship Him. He wants us to worship Him too. What is one way you can make sure your family gets to worship each week?

Reflection Time:

Ask the shepherds to pass out the Faith Journal sheets, preprinted with the bread recipe. Children draw an illustration of unleavened bread to go with the recipe, and write a sentence or two about why we use unleavened bread during worship. They should identify that the bread is used during communion. While they are working you may wish to re-read Exodus 12:17, and 43 again to help them remember. They could also underline these verses in their own Bibles.

Tidy and Dismissal: Ask children to finish cleaning up the kitchen.

References:

If you use this material, even in a modified form, please include the following reference:

Hulbert, Carol. Lesson set posted at rotation.org: "Moses, The Plagues, And Passover." January 2005. Place URL where lesson found inside angle brackets <<http://www.rotation.org/topic/complete-lesson-set-moses-plagues-passover----fumc-ann-arbor-mi>>.

“Moses, the Plagues, and Passover: Good News.” Faith Quest Lessons Kirk of Kildaire Presbyterian. 2001. <http://www.kirkofkildaire.org/.../PlaguesGoodNews.htm>

Adapted for Gloria Dei by Beth Tobin, 2007, and updated 2015.

Gloria Dei Communion Bread Recipe

This Recipe will make 6 "loafs"

- 3 Cups Wheat Flour
- 1 1/2 Cups White Flour
- 2 Teaspoons Baking Powder
- 2 Teaspoons Salt
- 2 Tablespoons Oil
- 1 1/2 Cups Hot Water
- 1/4 Cup Honey
- 1/4 Cup Molasses

Sift All the Dry Ingredients

Cut in the Oil (use a Pastry Blender)

In a seperate container, mix the Honey,
Molasses, and Hot Water.

THEN add to Dry Ingredients

Form into 6 equal size balls.

Press the balls into a cookie sheet to make 1/4
inch thick "loafs".

Optionally Score the loafs (see picture) ----->

Bake in a 350 degree oven for 10 minutes.

Brush with Oil, cook for 5-8 minutes more

