

# Making Bread for the Lord's Supper

## Ingredients:

- 1 cup all-purpose flour
- 1/3 cup vegetable oil
- 1/8 teaspoon salt
- 1/3 cup water

## Directions:

- Preheat oven to 425° F (220° C).  
Line a baking sheet with parchment paper.
- Mix flour, oil, and salt together in a bowl; add water and mix using a pastry cutter (or with your fingers) until dough is soft, allowing children to help you, as appropriate.
- After mixing, direct kids to pinch off a portion of the dough and place it on a floured surface.
- Allow them to knead the dough for about five to six minutes.
- Form dough into 6 balls and press into disks onto the prepared baking sheet using your hands.
- Bake in the preheated oven until bread is cooked, 8 to 10 minutes.

## Discussion:

### Ask

“What is the purpose of the Lord’s Supper?” Allow children to answer and then say: “The Lord’s Supper gives us the opportunity to remember the sacrifice of Jesus dying on the cross for our sins.”

### As the kids work, explain the following

“We’re making unleavened bread. This is bread without yeast so it will be flat. This is the kind of bread that Jesus and His disciples might have eaten during the first Lord’s Supper.”