

Kitchen Talk

A Devotional Communion Bread Recipe

On the first Easter Day, Jesus walked along the road to Emmaus with two of his disciples, but they did not know who he was until they invited him into their home, he sat at their table with them, and broke bread and blessed it. Then they recognized him! (If you would like to read the whole story, you'll find it in Luke 24.) Coming to see and to know Jesus happens not only at church or camp or some other church-sponsored event, but everyday of our lives—even around our own kitchen tables! It happens when we have caring conversations with each other, sharing our thoughts and feelings about faith in Christ, what our faith means to us and to the world. So join us in a time of measuring, mixing, reading, praying . . . and celebrating Christ who meets us and blesses us right where we are.

Happy Baking!

1. Sift dry ingredients together three times:

4 c whole wheat flour

2 c white flour

2 & 1/2 tsp baking powder

2 & 1/2 tsp salt

While sifting the dry ingredients together, open a Bible to John chapter six. Jesus has just fed five thousand people with only five loaves of bread and two fish. After this, the crowds followed him. Now they wanted the bread of God “that comes down from heaven and gives life to the world.” How does Jesus answer them? Read verse 35 out loud.

WHAT DO YOU THINK? How does bread (or other good, healthy food!) fill you up? What does it feel like be hungry? How do you feel when you're not hungry anymore? How does Jesus fill you up? What does that feel like? What does it mean to you that Jesus is “the bread of life?”

LET'S PRAY! God of Love, bless this bread and help us to receive your love. Amen.

2. Stir 8 tsp oil into the flour mixture. Set aside.

(If you want a “bonus” scripture, read Psalm 133:1-2!)

Now turn to John chapter four. A Samaritan woman came to draw water from the well where Jesus was resting. What does Jesus tell her about “living water?” Read verses 13-14 out loud.

3. Mix wet ingredients together until dissolved:

1 & 3/4 c very hot water (minimum of 180 degrees F)

6 Tbsp honey

6 Tbsp molasses

Add wet ingredients to dry ingredients and mix well. Do not knead. Dough should be slightly sticky.

While mixing the wet and dry ingredients together talk about . . .



*Be gentle
when you touch bread.
Let it not lie
uncared for, unwanted.
So often bread
is taken for granted.*

*There is so much beauty
in bread—
Beauty of sun and soil,
Beauty of patient toil,
Winds and rains have caressed it,
Christ often blessed it.*

*Be gentle
when you touch bread.*

— Author unknown

WHAT DO YOU THINK? Think of the ways water gives life. How many can you come up with? How is Jesus “living water?” What are you “thirsty for” in your life of faith? What renews your spirit or connects you to God? How has Jesus satisfied you?

LET’S PRAY! God of Abundant Life, bless this bread and help us to show your refreshing grace to everyone we meet. Amen.

4. Divide into eight balls and flatten each into a 1/4 inch thick disk. (Important! If thicker than 1/4 inch, the bread becomes difficult to break into bite-size pieces during Communion. Thank you!)



With a knife, score the top of each loaf into eight pie-shaped sections, so that the sections can be more easily broken off while serving. Alternatively, you could score a cross onto the loaf.

Lay the loaves on a baking sheet. Bake at 350 degrees for 10 minutes. Remove from oven and brush the tops of the loaves with oil. Bake an additional 5-8 minutes. Let cool. Yield: Eight 8 oz. loaves.

Gather around the finished loaves and . . .

LET’S PRAY!

God, bless our bread.
Give bread to those who are hungry,
and hunger for justice to those who are fed.
God, bless our bread.
Amen.

By the way, this is a great table grace to say around your kitchen table.
You’ll have it memorized in no time. Give it a try!

This recipe comes from Luther Seminary in St. Paul, Minnesota, one of eight seminaries of the Evangelical Lutheran Church in America. The bread is used in their weekly chapel services and in congregations across the country.