

Week Two: Tasting

Key verses: Psalm 22:25-26

Supplies

Option 1 for soft pretzels: ingredients for making pretzels (recipe below uses 1 package yeast, $\frac{3}{4}$ cup warm water, 1 tablespoon sugar, 2 cups flour, $\frac{1}{2}$ teaspoon salt, 1 egg, coarse salt)

Option 2 for a meal: gather ingredients or foods of your choice, paper and crayons for drawing

Read

"I offer praise in the great congregation because of you; I will fulfill my promises in the presence of those who honor God. Let all those who are suffering eat and be full! Let all who seek the Lord praise him! I pray your hearts live forever!" Psalm 22:25-26

Respond

Option 1:

Make soft pretzels in the shape of crossed arms of a praying person. Find a simple recipe here <https://www.highlights.com/parents/recipes/how-make-soft-pretzels>. Eat pretzels together. How might you offer praise to God before tasting your pretzel? How does salt on the pretzel change the taste?

Option 2:

Prepare and eat a simple meal. Describe or draw the different flavors you can taste. Wonder about who in your community might suffer by not having enough to eat.

Pray

God of all times and all places. God of sight, taste, sound, touch, smell, and service. Grant us your grace in this season of Lent as we ready our hearts and bodies to remember Christ's sacrifice and anticipate the celebration of Christ's resurrection. Provide us with better understanding of new life and unity. Bring us into deeper relationships and greater community, springing from the joy and hope that comes from an intentional walk with Christ. Amen.