

## Bread themed prayer station for Primary School

Note: this session is designed to take 60 mins (2 mins are assigned to move between each station)

### *Introduction (7 min):*

Gather all the children together and explain that Harvest is a time of year that Christians thank God for the growth of crops and the plentiful food this provides us with. Christians thank God for his generosity and think about how they can be generous in their own lives.

One of the biggest crops we grow in the UK is wheat. In fact we grow over 15 million tonnes of wheat each year (enough to make over 23 billion loaves of bread). Today we are going to think about what ingredients make up bread and what the Bible tells Christians about each ingredient.

Ask the children if they know what ingredients are used:

*Answer – flour, yeast, water and salt.*

Split the children into four groups and send one group to each of the following prayer stations.

### *Flour (7 min):*

Resources needed: whole grain, white flour in a bowl, grain anatomy diagram, pestle and mortar

Ask the children to sit on the floor in a semi-circle. Ask them if they knew there was lots of different types of flour.

Show them the white flour and then grind some of the whole grain in the pestle of mortar. Give each child the opportunity to try grinding the flour.

Ask them to spot the difference between the two flours. Show them the grain anatomy diagram and explain that to make the white flour the nutritious bran and germ are removed. This leaves only the endosperm which is filling but not as good for us.

In the Bible Jesus calls himself 'the bread of life' – he means he is the whole grain bread of life that is good for us as well as filling.

Suggested prayer – Jesus you are the whole grain bread of life. Thank you for the goodness you bring. Amen

### *Water (7 min):*

Resources needed: bowl of dry ingredients (one part salt, two part flour), small measures of water, bowls that can be reused, some ready-made salt dough, some baked examples

Ask the children to sit on the floor in a semi-circle. Explain that water is something we don't think very much about because we use it every day. What kind of things do we use water for? Water has the power to completely change things.

Take the bowl of dry ingredients and show it to the children, then add the water and begin to mix the ingredients together. Give each child the chance to stir the ingredients together.

Show how the water has transformed the dry ingredients into dough that can be moulded, stretched, shaped.

Explain that Christians believe that God is like water, he changes everything he comes into contact with us. He can mould, stretch and shape us to be more generous people.

### *Yeast (7 min):*

Resources needed: one packet of yeast in a bowl, strips of paper, sellotape, pens

Ask the children how they would describe the yeast – draw out the comments that the yeast is very small.

Explain that yeast is key ingredient in bread, despite the yeast being very small it makes the dough grow and helps the bread to be airy and light. It can help the bread to grow up to three times the original size of the dough.

Christians believe that God is a bit like yeast, he can grow our characteristics to be something much bigger than we could imagine.

Give each child a pen and paper and ask them to write one thing that Jesus can grow in us (eg being a friend, helping others, sharing, smiling, being helpful, praying for others). Make these strips into a paper chain. Keep adding the chain with each group and encourage the children to notice how the chain has grown around the room.

### *Salt (7 min):*

Resources needed: a bowl with salted crisps and a bowl of unsalted crisps

Ask the children to try each of the crisps and describe the difference.

Tell the children that when you make bread you don't have to use salt. However it is a good idea to because salt makes the dough bigger and the bread more airy and light. It makes the bread more tasty and gives it a nice crunch crust.

In the Bible Christians are asked to be the 'salt of the earth' – what could this mean? Suggest that it means we are hard working and generous to make the world around us better. Just like the salt makes the bread better.

### *Closing: Taste and See that the Lord is good (12 min):*

Resources needed: some bread tasters and toppings, graffiti or white board, appropriate pens

Explain to the children that as we've seen through all the stations it takes a lot of work and waiting to get a loaf of bread. Once this is all done and the loaf is baked we can enjoy it with so many

wonderful things. Ask the children what they enjoy most with bread? Point out the toppings you have and encourage the children to try them with the bread tasters.

Whilst they eat the bread ask them to take some time to think about the good things in their lives. It could be family, friends, home, school, hobbies, holidays etc.

Ask the children to write these things on the white board or the graffiti board.

Close with this prayer:

Generous God,  
Creator of everything in heaven and on earth.  
Thank you for sharing Jesus with us and thank you for the bread on the table. Help us to share what  
we have with others.  
Amen