

# called to wonder

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## WHAT IS GOOD FRIDAY?

*Why happened on Good Friday?*

This is the day Jesus showed how much he loved God and us by giving his life as a sacrificial Lamb and dying on the cross.

*Why did they put Jesus on a cross?*

In the time that Jesus lived the cross was one of the cruelest forms of death ever devised by human beings. The book of Isaiah (53: 5-12) prophesied the cruel death of Jesus.

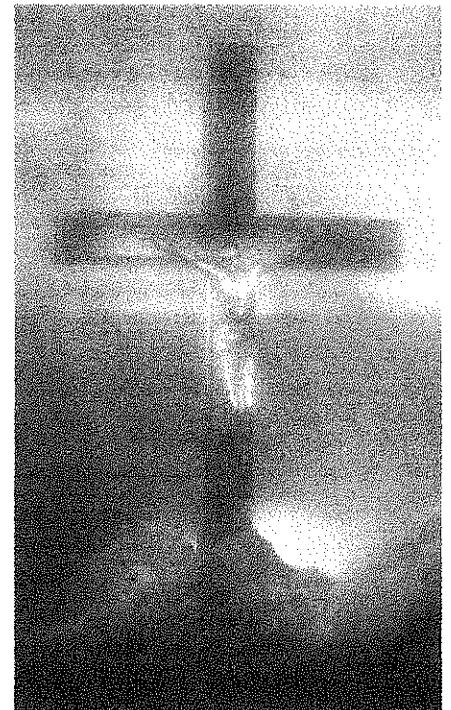
*Why is it called Good Friday?*

The suffering Jesus went through on this day brought about the greatest good there could ever be for

humanity—freedom from sin. Today the cross is perhaps the world's most famous symbol. It is a symbol of hope and comfort.

*Why is Jesus called the Lamb of God?*

In the Old Testament, the Jewish people would kill a lamb and offer it to God as part of their worship. The lamb was sacrificed to God so that God would forgive their sins. In the Bible, John the Baptist saw Jesus coming and told the people, "Look, the Lamb of God, who takes away the sin of the world!"



*We are no longer Jews or Greeks, or slaves or free men or even merely men and women—we are Christians; we are one in Christ Jesus. Galatians 3:28*



## **THE PRETZEL**

The pretzel has been used during Lent for over fifteen hundred years. It is thought that originally pretzels were made by monks to resemble arms crossed in prayer. These breads were called "little arms." This can have deep spiritual meaning for us during Lent. Since basically only flour and water are used, pretzels can remind us of fasting. Here is a simple recipe. The entire family can participate in the baking. Why not invite another family over for an evening of shared baking and prayer?

### **SOFT PRETZELS**

1 cake yeast dissolved in 1½ cup warm water  
Add 1 teaspoon salt and 1 tablespoon sugar  
Blend in 4 cups of flour

Knead dough until smooth. Cut into small pieces. Roll into ropes and twist into desired shape. Place on lightly greased cookie sheet. Brush pretzel with beaten egg. Sprinkle with coarse salt. Bake immediately at 425° for 12-15 minutes. (For hard pretzels use only 1¼ cups water and add ¼ cup melted butter. Shape smaller and bake until brown.)

### **PRETZEL PRAYER**

*Heavenly Father, we ask you to bless these little breads. Each time we eat them may we be reminded of the special season we are in and that through prayer we will become better people to each other. Let us not forget those who are in need of our prayers daily. Keep your loving arms around us, O Father, to protect us always. Amen.*

