

FUMC Children's Program Guide to Prayer

In these crazy, uncommon times, it is nice to know you are not alone. God is with us all the time, every day. One way we can feel closer to God is through prayer. During Holy Week, we learned that in Jesus' toughest time He went to the garden to pray. Jesus needed the comfort of His Father. God is a big, big God. He cares about each of us and He wants us to bring our joys and concerns to Him.

Some activities to help with praying:

- ❖ Scriptures
- ❖ Craft
- ❖ Mealtime/bedtime prayers
- ❖ History of Pretzels/Praying
- ❖ Recipes
- ❖ Prayer model

Scriptures to think about:

Phillipians 4:6

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done.

Other verses to look up:

Mark 11:24

James 5:13-16

Craft - Prayer Can

Cover the can with wrapping paper, construction paper, or anything else you can find to decorate the can. Use the popsicle sticks to write prayers/names of things you (family members) want to pray for. Pull out a stick at dinner or bedtime and pray for the person/thing. Or pass around the can and have everyone grab a stick to pray. God wants to hear our praises and concerns.

Mealtime/Bedtime Prayers

Need a prayer for meals or bedtime? Try out some of the mealtime and bedtime prayers on the pages that follow.

History of Pretzel/Praying



Pretzels have an interesting history!

Around the year 610, a monk decided to make a treat for the children who had learned to recite their prayers. Christians in those days prayed by folding their hands across their chests with each hand touching the opposite shoulder. This clever monk formed the dough so that it would look like hands folded in prayer. He gave his creation the name *pretiola*, which in Latin means "little reward."

The simple shape of the pretzel, arms folded in prayer, reminds us to pray each day!

Have some extra fun with your children by trying out a pretzel recipe. You can make the traditional criss-cross or try fun shapes too!

RECIPES

Krazy Pretzels

1 envelope dry yeast
½ cup warm water
1 Tablespoon molasses
1 teaspoon salt
1 ½ cups whole wheat flour
1 egg, beaten
Coarse salt

- Preheat oven to 425 degrees
- In a large mixing bowl, dissolve the yeast in warm water. Add the molasses and salt, and mix well. Stir in the flour.
- Knead the dough to get all the bubbles out. Roll thin, snake-like pieces of dough on the table. Form shapes from the pieces, and place them on a baking sheet.
- Brush a little of the beaten egg onto the shapes, and sprinkle them with coarse salt.
- Place in the oven for about 10 minutes.
- To make it fancy, dip in melted cheese.

Easy Homemade Pretzels

Quick and delicious easy homemade pretzels. Thanks to rapid rise yeast you can make these yummy pretzels quickly!

5 from 1 vote

Course: Appetizer, Snack Cuisine: American Keyword: bread Prep Time: 40 minutes Cook Time: 30 minutes Servings: 10 Pretzels Calories: 323kcal Author: [Christi Johnstone](#)

Ingredients

- 4 1/2 cups all-purpose flour (Need 4 to 4 1/2 cups)
- 2 tbsp sugar
- 1 packet Fleischmann's RapidRise Yeast (this is equal to 2 1/4 tsp)
- 1 1/2 tsp salt
- 1 cup milk
- 1/2 cup water
- 2 tbsp corn or canola oil
- 2 eggs lightly beaten
- coarse salt

Instructions

1. Combine 2 cups flour, the sugar, undissolved yeast, and salt in a large bowl.
2. Heat milk, water, and oil until very warm, approximately 120° to 130°F. Stir warm liquids into flour mixture. Stir in enough of the remaining flour to make soft dough. Knead on floured surface until smooth and elastic, about 4 to 6 minutes. Cover; let rest on floured surface 10 minutes.
3. Divide into 10 equal size pieces. Roll each piece to 20-inch rope. Cover and let rest for 5 to 10 minutes until risen slightly. To shape into pretzels: Curve ends of each rope to make a circle; cross ends at top. Twist ends once and lay over the bottom of the circle. Place on 2 greased baking sheets.
4. Brush with beaten eggs then bake at 350°F for 15 minutes. Remove from the oven; brush again with eggs. Sprinkle with salt, cheese, poppy seed, or sesame seed.
5. Return to the oven and bake for 15 minutes or until done. Remove pretzels from baking sheets; let cool on wire racks.

SOFT PRETZELS

INGREDIENTS

- 1/2 cup warm water
- 2 Tbsp Rapid Rise yeast
- 1 cup milk
- 1 1/2 tsp salt
- 2 Tbsp sugar
- 4 cups flour

INSTRUCTIONS

1. Combine yeast and water in a large mixing bowl. Add milk, salt, and sugar. Stir in flour to make a stiff dough. (Unlike most bread recipes, you want plenty of flour. That makes the pretzels chewier.) Knead on the floured counter a few times. Let the dough sit for about 5 minutes.
2. Roll into ropes and form into pretzels. Place on lightly greased or silpat lined baking sheets. Brush with milk and sprinkle with salt if desired.
3. Bake at 400° for about 15-18 minutes or until lightly browned.

-We have tried sprinkling the tops with poppy seeds, sesame seeds, garlic salt and Parmesan, and cinnamon/sugar. Most of the time I just leave them plain-and they are still heavenly!