

Unleavened Bread Recipe for Communion



Directions

Prep - 10 minutes
Bake - 10 minutes
Ready - 20 minutes

Ingredients

1 cup all-purpose flour
1/3 cup vegetable oil
1/8 teaspoon salt
1/3 cup water

1. Preheat oven to 425 degrees F. Line a baking sheet with parchment paper.
2. Mix flour, oil, and salt together in a bowl; add water and mix using a pastry cutter until dough is soft. Form dough into 6 balls and press into disks onto the prepared baking sheet using your hands.
3. Bake 8 to 10 minutes.

Source: AllRecipes.com (<https://www.allrecipes.com/recipe/241680/unleavened-bread-for-communion/print/?recipeType=Recipe&servings=6&isMetric=false>)



A Family Devotion for Communion Preparation

Gather the ingredients for unleavened bread using the recipe above. If you have children or grandchildren with you, have them help mix the dough.

This dough can be mixed by hand. Allow each family member to squeeze and mix some of the dough (with super clean hands!)

Form the dough into small loaves and bake.

While you're waiting for the bread to bake, tell the story of the Passover as found in Exodus 12. Familiarize yourself with the chapter and decide what parts of the story would most hold your family's attention.

The main points to emphasize:

- The Israelites had been held in slavery for hundreds of years. Our sinful nature is like slavery. We often do wrong things we don't even want to do. Sin only leads to eternal death – separation from God forever.
- God was ready to free His people from slavery in Egypt so they could serve Him. God wants us to be free from sin so we can live with Him forever in heaven.
- God told His people to prepare a special meal of roasted lamb and bread to remember the night He rescued them from slavery. The blood of the lamb was to be painted over the doorways as a sign to the Angel of Death to “pass over” the house, sparing the lives of the firstborn of God's people. Jesus is the lamb sacrificed to save us from eternal death. His blood is a sign of life, not death.
- The unleavened bread reminds us of Jesus's body. Like the bread had no leaven, Jesus's body had no sin in it at all. In heaven, we will have no sin in our bodies.
- Holy Communion shows us the Passover of the Old Testament has been fulfilled in Jesus. We do not have to worry about eternal death. We have the promise of eternal life in heaven. Earthly death doesn't have to scare us. As Jesus followers, earthly death will be like a refreshing sleep. We will close our eyes and see our Savior instantly.
- We eat and drink bread and wine in Holy Communion to receive forgiveness and to strengthen us for a life of following Jesus.

After the bread has cooled, let every family member try some and encourage them to remember every time we eat we can take comfort knowing our sins are forgiven for good. When we sin against each other, and we will, we should ask forgiveness and extend forgiveness because God has done that to us in Jesus.

Close with a prayer thanking God for all our blessings in Christ and asking to be strengthened to lead obedient lives to God's glory and in service to each other.



Gluten Free Communion Wafer Recipe

Ingredients

- 1 1/2 cups Gluten Free Flour
- 4 Tbs. light olive oil
- 6 Tbs. water
- 1/2 tsp. sea salt or kosher salt

Instructions

Preheat oven to 450° F (static) 425° F (convection).

Use a food processor or mix by hand in a large bowl: Gluten-Free Flour and salt. Slowly add in the liquid while pulsing or stirring with a fork. If the dough is too dry, add additional water by the 1/2 teaspoonful in order to get dough wet enough to hold together in a ball but not be sticky.

Form a ball with the dough and pat out onto a pastry mat or clean counter well-dusted with Gluten-Free Flour. Pat with your fingers to flatten the dough, then roll gently in each direction until the dough is so thin you can almost see through it.

Using a 1-inch round cookie cutter, cut and lift with a bench scraper or spatula, and place onto a parchment-lined baking sheet. Prick each circle twice with a fork (1 prick in both directions to make a cross shape). Roll out remnant dough to make more wafers.

Arrange all wafers on a parchment-lined baking sheet. They will not spread, so they may be placed quite close to each other on the sheets. Cover with another sheet of parchment paper and lay another baking sheet on top to prevent the wafers from curling during the bake. Put an oven-safe heavy skillet on top of the second baking sheet to keep weight on top of the wafers as they bake.

Bake for 8-9 minutes then remove the second baking sheet. Continue to bake for 4-5 more minutes, until the wafers will be crisp but not browned.

Remove to cool on a wire rack.