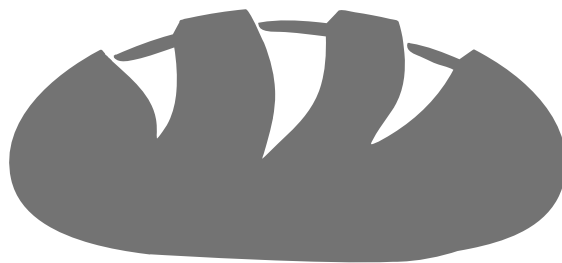

MAUNDY THURSDAY

at-home liturgy



PRESTON HOLLOW
PRESBYTERIAN CHURCH

Goal

Maundy Thursday is the Thursday before Easter. Maundy means commandment, referencing to the new commandment Jesus gave his disciples on this day; for it was on this day that Jesus had his last meal with his disciples. Jesus broke bread, washed the disciple's feet, and hinted at his coming crucifixion and betrayal. The disciples did not realize the significance of this moment, but in hindsight, we recognize how powerful and special this last supper was. As a result, it is our Christian tradition to celebrate this evening with the gift of worship and communion, just as the disciples did on that night.

This year, many of us are unable to gather together in person to share in communion, so we have crafted this at home liturgy to serve as a reminder that God meets us at every table. Every meal we share serves as a reminder of the holy meal we share during communion. So may this liturgy be a source of re-orientation to the sacredness all around us.

Supplies:

Bread recipe and ingredients

Oven

Dinner table

Candle

Lighter/ matches

Optional: Markers and Lord's Prayer Coloring Sheet (last two sheets of this document)

Preparation | Make Homemade Bread

On Maundy Thursday we remember Jesus' last meal by sharing communion as a community. In this season, since we are not able to celebrate with communion, we invite you to do the next best thing: prepare a loaf of bread at home. We recommend Pamela's Gluten Free bread mix for a beautiful and light loaf of bread. However, the options are endless.

Have a sourdough starter? Make sourdough!

Missing yeast? Make muffins or scones!

Don't want to go shopping? Use whatever ingredients you have!

It doesn't have to be perfect. God will show up anyway.

The point of this exercise is to be in the kitchen, to put your hands to work, and to allow this preparation process to be a prayer.

So get baking!

Tip for young families: Parents, we invite you to give your kids a specific role in the baking process, for example- have them do all the measuring! The more hands on the better.

Bless the Bread | Steal this Prayer

Before putting your bread in the oven, say this prayer:

Holy God,
Your last meal was an ordinary meal-
simple bread and juice, nothing fancy;
and yet, it was holy.
It was holy because all were welcomed at your table-
even the one who would betray you.

So today we prepare our own bread as a form of prayer.
And in our kneading and mixing,
in our measuring and waiting,
In our recipe-card-reading and taste-testing,
We remember you.

So as these ingredients mix,
May our hearts mix with yours.
And as this bread rises,
may our awareness of you rise.
And as this bread is shared,
May your love be shared.

With hope and gratitude we pray,
Amen.

Tip for young families: Print out the Lord's Prayer doodle page at the end of this document and invite kids to color it while the bread is baking! Use these coloring pages as placemats for your dinner table.

Listen | Scripture Reading

Read Luke 22:7-23 out loud. As you read it, pick out a word, phrase or emotion that stands out to you. Share that word, phrase or emotion with those around you, or jot it down in the margins of your bible.

Tip for young families: Sometimes it helps children to have something to specifically listen for in the scripture before reading. You may consider encouraging kids to focus on the meal, and imagine that they are in the room eating with the disciples and Jesus.

Reflect | The Meal is Served

Once your bread is prepared, gather around the table for a meal. If you have family with you, invite them to join! Light a candle in the center of the table as a reminder that this is a space set apart. This meal is a reminder of the promises made to us at communion- that all belong to God, that God's love is stronger than death, and that one day, all will be fed.

During your meal, reflect on the following prompts. You can either jot these down in a journal, mull them over in your mind as the bread bakes, or discuss them with family members present.

Reflect back to past meals and moments around table. What meals have been memorable? What gatherings made you feel welcomed? Have you ever had a memorable communion experience? What made it memorable?

How does it make you feel to know that Jesus fed and shared a meal with all of his disciples, even Judas? What does that teach us about God?

Jesus gives thanks for the bread before breaking it. What things do you give thanks for in your life? Make a quick mental list of 5-10 things you often forget to thank God for. Jot them down or share them with those gathered at the table.

Food is a common love language. Think back to a time where someone offered or prepared food for you as a sign of love. Do you think that Jesus was trying to express his love for his disciples in this last meal? How does that layer add to the story?

Tip for young families: Invite each child at the table to reflect on their favorite dinner table blessing and sing/ say it together! Point out that Jesus also offers a blessing to God for the bread before he and his disciples eat, so when we say grace, we are being like Jesus!

Go In Peace!

THE Lord's PRAYER

Matt. 6: 9-13

OUR
father

who art in
heaven

Hallowed
be thy name.

THY
Kingdom
come

AS IT IS IN

heaven

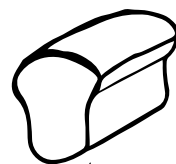
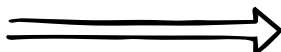
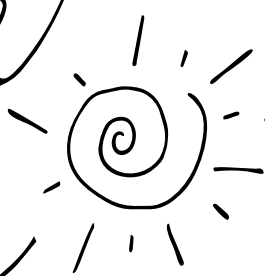
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Will
BE DONE



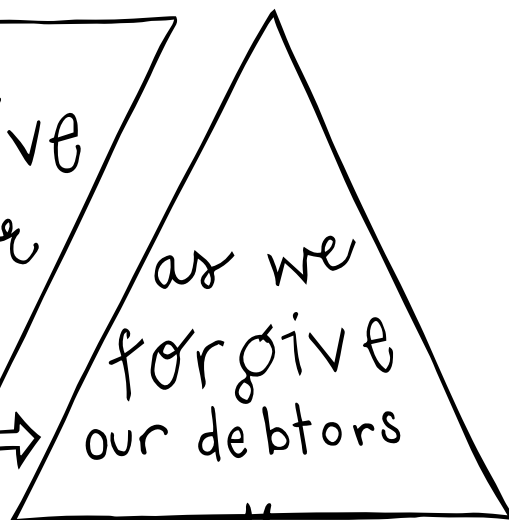
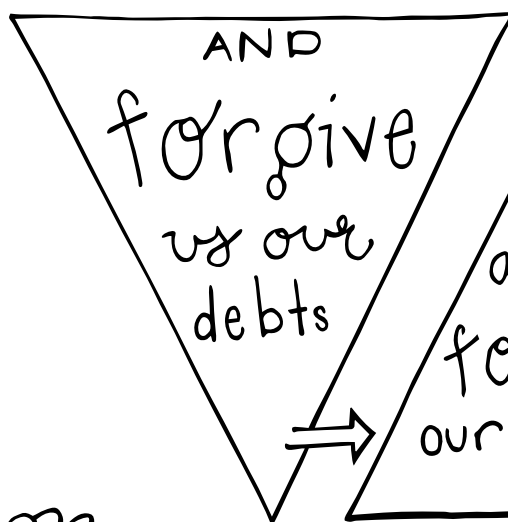
Sanctified Art

Illustration by: Sarah Are | sanctifiedart.org

Give
us this
DAY



Our
daily
BREAD



&
lead
us not into
temptation



But Deliver us from evil

FOR THINE IS:

the
Kingdom

the
Power

and the
Glory

f · o · r · e · v · e · r

Amen.



Sanctified Art

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