

# Communion Bread Recipe & Symbolism

## Ingredients

- 2 Tablespoons water
- ¼ cup of olive oil
- ¼ teaspoon salt
- 1 cup of wholemeal flour, sifted and largest husks removed

## Method

### Using a Ziplock bag:

Pour the water, oil and salt into a large Ziplock bag. Shake it until it is white and emulsified. Add the flour, seal the bag and knead till smooth.

Rest on bench or in fridge for 15-20 min.

Laying bag flat, cut the edges open. Place a sheet of baking paper onto the exposed surface, flip upside down and peel the Zip Lock bag off.

Transfer to tray. Score with a knife, prick with a fork and then bake at 180°C until golden brown (about 10-15 mins).

### Using a bowl:

Place the sifted flour in a food processor with salt.

Pour oil and water into a bowl and mix together. Add into the flour and salt and combine with a fork until flour is dampened.

Rest on bench or in the fridge for 15-20 min.

Roll out using a rolling pin to desired thickness (3-5mm).

Transfer to tray lined with baking paper. Score with a knife, prick with a fork and then bake at 180°C until golden brown (about 10-15 mins).

# Communion Bread Symbolism

Pray at the start, to ask God to bless our efforts and to remind us of the sacred privilege it is to make bread that will be a symbol and reminder of Christ and His sacrifice.

## **Water**

He is the water of life; without him, we will die.

## **Oil**

This is used as a symbol many times in the Bible - for anointing, to keep lamp lit, in the parable of the 10 virgins – it represents the Holy Spirit helping us to shine in the world.

After making communion bread or eating it, the residue of the oil on your hands is a lovely reminder of the lingering of the Holy Spirit.

## **Salt**

We are to be the salt of the earth. We need to add flavour to life. We are not to be dull or tasteless. We should smile and be happy and bring joy to others –adding flavour to everything we do and everyone we meet.

*Jesus said, "You are the salt of the earth. (Matthew 5:13)*

*"Salt is good, but if the salt loses its flavour, how will you season it? Have salt in yourselves, and have peace with one another." (Mark 9:50)*

By shaking these ingredients together into an emulsion – these ingredients must combine. Jesus, the Holy Spirit and our positive witness are all interdependent.

## **Flour**

Wholemeal flour, not refined, represents the common man. Jesus was a "common man." He was not distinguishable but was just like us. The Bible never gives any physical description of Christ. The closest thing we get to a description is in Isaiah 53:2b:

*"He had no beauty or majesty to attract us to Him, nothing in His appearance that we should desire Him."*

This tells us that Jesus' appearance was just like any other man's – He was ordinary-looking.

## **Kneading**

Kneading it in the bag and mixing it well helps to release some glutens which makes it crumble less when you handle it and pick it up to eat it. Without the kneading, it would be quite flaky. The kneading can represent the life experiences and struggles we go through that make us tougher and that makes us keep it together and not fall apart

### **Sit the dough on the bench for 15 min + to allow the flour to hydrate and the dough to rest.**

In life, there may be times when we feel nothing is happening. We may be impatient that God isn't answering our prayers or using us for anything significant. Being still and resting is important to prepare for what is to come.

### **Ziplock Bag**

Using the bag is great because it keeps the mess off your hands and off the bench. This is like God's laws, they keep our life less messy and pleasant.

If it rolls out of the bag, you can just put it back in and keep rolling – when we sin and mess up, we can come back to God.

We are not saved by keeping God's law. We are saved by his sacrifice (represented by the bread and the wine). But keeping God's laws makes our lives better, happier and more fulfilling. If we love each other, treat each other with respect, love God and put him first in our lives, keep a work/life balance and acknowledge our Creator God, that makes our life better.

### **Rolling of the rolling pin**

Jesus bore our sorrows, the sins of the world were upon him.

*But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. (Isaiah 53:5)*

### **Knife**

Slicing the pastry with a knife is symbolic of when he was whipped – by his stripes we are healed, because of his sacrifice, we are saved, we are healed from the sin that we are born into.

### **Fork**

Represents one prong for each of his hands, one for his feet, and one for the side where he was pierced. Pricking each piece of the bread reminds us of this. Jesus was wounded for our transgressions, bruised for our iniquities, he bore our sorrows and by his stripes we are healed. When it is cooled and ready to be used, it is broken, just like his body was broken

*"Take, eat: this is my body, which is broken for you." (1 Corinthians 11:24)*

### **Eating**

When we eat it, we are letting the bread into ourselves. This is symbolic allowing Jesus to come into us, to nourish us, to bless us, to save us. Taking the bread and voluntarily eating it represents your personal decision to allow Jesus into your life and to accept his sacrifice symbolized by the bread and wine.

## **Bible Verses**

*John 4:14*

*But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life.” Jesus is the water of life.*

*Matthew 5:13*

*Jesus said, "You are the salt of the earth.*

*Mark 9:50*

*“Salt is good, but if the salt loses its flavour, how will you season it? Have salt in yourselves, and have peace with one another.”*

*Isaiah 53:2*

*“He had no beauty or majesty to attract us to Him, nothing in His appearance that we should desire Him.”*

*Isaiah 53:5*

*But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his stripes we are healed.*

*1 Corinthians 11:24*

*"Take, eat: this is my body, which is broken for you."*