

Rotation.org's @Home Lessons on the Lord's Prayer

Mealtime is more than just eating together, it is a time to take a breath, laugh, share, care for one another, and discuss the events and issues of the day. In this Cooking "workshop" we add to that the making and sharing of a special food that reflects something from the Bible story and its meaning. (Communion does the same thing.) In this lesson, families use a familiar and favorite food in a special way to "make, taste, and see" the meaning and promise of prayer which we all certainly need more of, especially in these changing and challenging times.



The Lord's Prayer: "Give Us This Day Our Daily Pizza"



Summary of Activity

In Jesus' Galilean-Aramaic language, the word for bread is "PITHA" - which not only sounds like "pizza," but they are etymologically related and fun to say. In the following lesson, your family will make "Daily Prayer Pitha" in a certain way so as to visually teach and remind us that prayer is an important spiritual food for growing our relationships with God.

Together you'll make "Pitha Pizzas" and as you do, you'll review the words of the Lord's Prayer; discuss the idea of PRAYER as a daily conversation with God that *feeds* our souls, strengthens our faith, and informs our choices; and finally, think creatively about assigning some symbolic meanings to different ingredients before baking and eating your "Daily Pithas."

Scripture for the Lesson

[Matthew 6:5-13](#) (NRSV)

For additional reading, see the [Bible background](#) at Rotation.org.

Pizza-making ingredients and supplies:

You can "free-form" your own list of ingredients, recipe, and way of making "pitha-heart-shaping" pizzas based on how you and your family like to make pizza at home. It's the "doing it together," the heart shape, and the discussion that's important.

For those who want a supply list, here you go:

- Ready-made pizza dough (one 13.8 oz. can of Pillsbury™ refrigerated classic pizza crust makes enough for approximately 7 *small* snack-size pizzas)
- 1 cup pizza sauce
- 1 cup shredded mozzarella cheese (4 oz)
- Your family's favorite toppings such as pepperoni, sausage, pineapple, veggies
- Parchment paper cut into 6x6 squares (one per person)
- Baking sheets, hot pads, pizza cutter, an oven
- Spoons for spreading sauce and for distributing toppings
- A 4" heart-shaped cookie cutter OR a knife to cut the dough and shape it into a heart
- Dessert as a reminder that "God is Good"



Start your pizzas!

1) Introduce the Pitha-Pizza-Bread Connection

Begin by seeing who can recite the Lord's Prayer without help. (Be sure not to judge someone for forgetting the words). If your participants don't know the prayer well, begin by reciting it together.

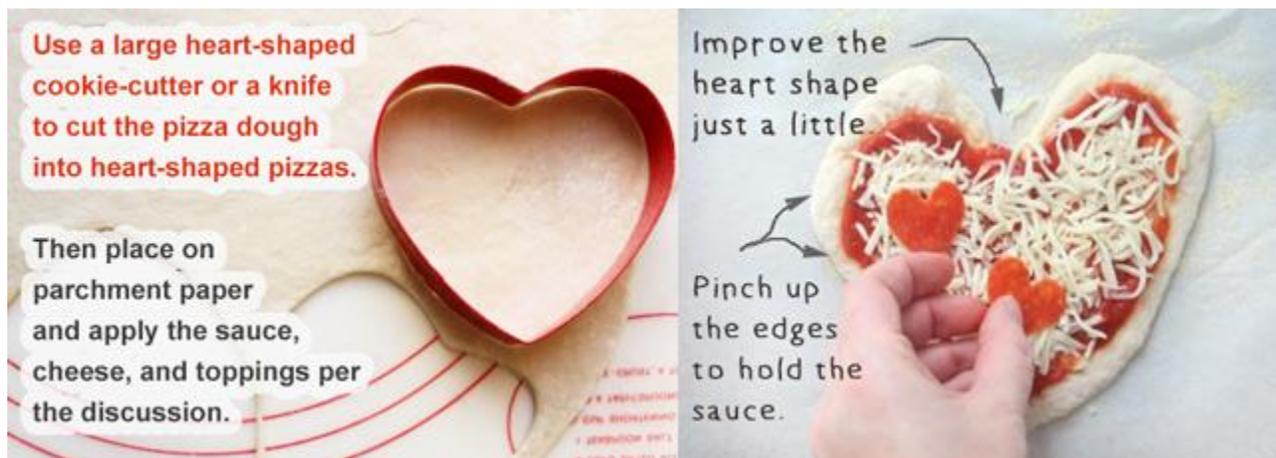
Focus on the line **"Give us this day our Daily Bread."** Explain that: Jesus spoke a version of the Hebrew language called "Galilean Aramaic." And it just so happens that **the word for BREAD in Jesus' language is the word "PITHA."** "Give us this day our daily PITHA" is what Jesus taught his disciples to ask for in prayer!

Ask your family what the word "pitha" sounds like to them. If they say "PITA" or "PIZZA," they are correct! Pitha, Pita, and Pizza are all versions of the same "root word" for bread in several languages in that region. A "Pizza" is bread with a variety of toppings.

Ask: How many of you could eat pizza every day? Okay, what OTHER "foods" does a person REALLY need to live every day? (Think metaphorically here, not literally. "Love" from family is a food. So are forgiveness, caring, knowing God accepts you, friends. Food "grows" us, not merely lets us survive. What do we need to "grow" as Christians?

Now begin to work together to make "daily pithas." As you do, begin to discuss the kinds of things we DO need every day to be happy, to cope with problems and stresses, to rise to the challenges, to rest and restore -- etc.

Ask each family member to share something they couldn't live without and something they think the world needs more of right now.



2) Pizza Topping Time!

Each family member should have a heart-shaped pizza crust on parchment paper for easy transfer to the baking sheet.

As you pass out the pizza topping ingredients, say a little bit about each -- helping each family member think "metaphorically" about what that ingredient could "remind" us of about God, our daily needs, something we need to live every day. (Notice how we've "contextualized" them to the challenges we're facing here in 2020.)

For example:

Sauce flows over everything and tastes sweet. What do we need to pray for that will pull US together as a family? as a country? What could we do more of these days together that would remind us that God wants our lives to be sweet?

Cheese will get gooey and helps the toppings stick. I pray to God that we will stick together and stick up for each other, and that God will help our family and our community and our church stick together in this time of problems.

Pepperoni is a spicy meat. I pray to God that every day will be spicy-interesting! And that God will make me strong in the face of troubles.

Veggies give us special vitamins. What are the "secret ingredients" to living a happy life? How about patience and forgiveness? What makes you happy? How could we help increase that?

Hot stuff, like banana peppers or red pepper flakes. God wants us to be bold in the face of problems, to stand up for the weak, to protect the poor and outsiders. Sometimes we might pray to speak "like hot stuff" to get people's attention about real problems. What problems are we as a family concerned about and could speak boldly about? Not everybody likes the "hot stuff." But try a little bit on your pizza to remind you that Jesus teaches us to pray for what we need to live faithfully, and sometimes that means speaking boldly to change people's minds and situations.

Use your imagination to connect the ingredients to "what we need" to live godly lives and meet the challenges of these days.

Finally, put your pizzas in the oven, and set your timer!

Hot Tip: Keep an eye on the pizzas as they cook. Generally, the times on the package are for larger crusts and not smaller pizzas. As well, because each person may have made a different thickness of crust and used different toppings, the cooking times may vary for each person's pizza. Adjust accordingly.

3) Eat Your Daily Pitha

As you eat your Daily Pithas, have each person recall what their ingredients mean to them. Add insights as you feel appropriate. You might remind them that going to church is a "weekly pitha" that feeds us, reminds us, give us purpose.

Take the time to listen to how each person is doing these days.

Finish by seeing how well everyone can recite the Lord's Prayer together.

Pull out some cookies or dessert as a reminder that God is good all the time -- even in the midst of challenges, we can depend on God's daily presence and help.

Adapted from [this lesson](#) by the Rotation.org Writing Team

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