

The Walk to Emmaus

Cooking Workshop:

Summary of Lesson Activities:

Make footprint shaped sugar cookies. Discuss how Jesus walks with us on our faith journey.

Leader Preparation:

- Read the scripture for this lesson.
- Read and reflect on the overview material provided for this lesson.
- Gather the materials.
- Wash a metal table.
- Preheat oven to 350 degrees.
- Read and be familiar with the version presented in the *Children's Bible in 365 Stories* page 380 so you can read it with animation and in a storytelling fashion.

Supplies List:

- Parchment paper
- Clean-up supplies
- Cookie Sheets and spatulas
- Napkins, small cups
- Already made sugar cookie dough (recipe is at the end of the lesson plan)
- Aprons
- Bibles
- *The Children's Bible in 365 Stories*
- Extra flour
- Footprint cookie cutters – or make your own!
- Kitchen timer
- Pencils
- Rolling pins

Decorative sprinkles (optional)

Lesson Plan

Opening:

Gather everyone around the tables in the Social Hall. Greet your students warmly, welcoming them to the Cooking Workshop. Introduce yourself and any other adults.

Ask for any prayer requests. Ask if anyone would like to lead the group in prayer. Be prepared to say a prayer yourself, working in prayer requests. Use the Lord's Prayer as the ending. A suggestion: "Dear God, please warm our hearts as we are in the kitchen cooking today. Help us to think about walking along with Jesus and learning from him. (End with everyone joining in on the Lord's Prayer.) Amen."

Ask: Do you know any stories about someone who walked with Jesus? (lots of answers)

How about anyone who walked with Jesus AFTER he died?

Say: We are going to hear about Cleopas and a friend (who might have been his wife, we don't know)... anyway, they told of doing this – walking with the risen Christ. Listen for the point in the story at which they realized that the person walking with them was Jesus. I wonder what took them so long to notice... ?

Dig:

Say: This story is found in the Bible in the book of Luke. Let's get out Bibles and share with a friend to see if you can find Luke.

Ask: Is it in the Old or New Testament? (new)

Why? (because NT is stories about Jesus)

Say: Let's find Luke 24:13-35. Okay, hold this spot open as I read this as a storyteller would.

Start off the story by saying: This story takes place on the very first Easter.

Read page 380 in *The Children's Bible in 365 Stories*. Note the post-it note that indicates stopping after reading "We must go straight back to Jerusalem and tell the others."

Finish the story by Saying: So Jesus' friends returned to Jerusalem, in the dark, to tell the others about meeting Jesus along the road to Emmaus.

Say: For the Word of God in scripture, for the Word of God among us, for the Word of God within us,

The class says: Thanks be to God!

(You might need to point out to the students that these are the words that are said in the worship service after the Bible is read. We say them in our class to help us prepare to be a part of the worship service.)

Ask: When did Cleopas and his wife realize that it was Jesus?

Why do you think it took them so long?

Say: Let's find our key verse in our Bibles and read it together:

Read the Key Bible Verse: "Then their eyes were opened and they recognized him." Luke 24:31

Say: Let's repeat that. Great! Let's try it again at the end of our time together. Now we are going to make some cookies in the shape of footprints. Footprints, so that we can remember that this story is about walking with Jesus!

Say: If you want to, you can make a cookie in the shape of your own foot! Or you can use some footprint cookie cutters that we have in the kitchen. For those of you who want to do their own foot, please take off your shoe. I'm going to give you a square of parchment paper. Stand on the paper and have a partner trace your foot with a pencil. Then write your name on the outer area around your foot. When you are done, put your shoe back on and bring your parchment into the kitchen.

Have the Shepherd stay with any children who would like to trace their own foot. Ask the Shepherd to cut the parchment paper into quarters (? is this big enough) for the students to use to trace their foot. Go into the kitchen with those who don't wish to make their own feet into cookies.

In the Kitchen:

You are going to have the children wash their hands and put aprons on.

Give students a bit of extra flour to rub onto the tabletop in front of them.

Give each child some dough and have them roll it out with a rolling pin. If the students are making their own footprint then shape the rolled dough to fit their own footprint. For those using footprint cookie cutters, they can make a couple of footprint cookies with the cutters. Have them write their name on the parchment paper next to their cookies. Place the cookies made with cutters on a separate cookie sheet from the footprint-sized cookies. The latter will likely take a little longer to cook.

Discussion: (while working with dough...)

Ask:

- So where did this story take place? (Road to Emmaus)
- Who was Cleopas? (A friend of Jesus)
- What did our key verse say happened to him and his friend/wife?
- What did they do after they found out it was Jesus talking with them?
- What would you do?

When ready, bake the cookies for 8-10 minutes. [Set the kitchen timer.] Place the Shepherd in charge of making sure they don't burn! Have the Shepherd bring the baked cookies out to the Social Hall.

Have students wash their hands and return to the tables in the Social Hall.

While the cookies bake:

Say: While we wait for the cookies to bake, let's talk some more about our story.

Ask:

- Do you suppose that you would recognize Jesus if you had been walking with him?

Ask:

- Do you think there is a way that we can walk with Jesus today – not in person, but in our hearts?
- When do you feel closest to Jesus? (share an example from your own life)
- Have you been around anyone who seems like a 'Jesus-kind' of person?

Say: Maybe we can walk with Jesus by learning more about him and how he wanted us to be. We have made footprint cookies to help us think about our walk with Jesus – our journey in learning more about him and our faith in God.

When they are cool enough, share the cookies.

If You Have Extra Time

You could play a quick game of Simon Says (kind of a 'follow the leader' type of game!) and incorporate different elements of feet, walking, and repeating the Bible Verse.

Reflection:

Have everyone repeat the key Bible verse. See if they remember it without looking it up in the Bible.

Say: Let's have a prayer. Lord, help us to tell others about how wonderful Jesus was and is in our lives. Help us to learn more about you through him. Help us on our walk with Jesus. Amen.

Resources:

Batchelor, Mary. *The Children's Bible in 365 Stories*. Batavia, IL: Lion Publishing, 1985.

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Sugar Cookies Ingredients

Original recipe yields 48 servings

Ingredient Checklist

- 2 $\frac{3}{4}$ cups all-purpose flour
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon baking powder
- 1 cup butter, softened
- 1 $\frac{1}{2}$ cups white sugar
- 1 egg
- 1 teaspoon vanilla extract

Directions

- **Step 1**

Preheat oven to 375 degrees F (190 degrees C). In a small bowl, stir together flour, baking soda, and baking powder. Set aside.

- **Step 2**

In a large bowl, cream together the butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients. Roll rounded teaspoonfuls of dough into balls, and place onto ungreased cookie sheets.

- **Step 3**

Bake 8 to 10 minutes in the preheated oven, or until golden. Let stand on cookie sheet two minutes before removing to cool on wire racks.