

# SABBATH SCHOOL

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Preteen Sabbath Instruction Program — Teacher's Outline

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Level 1 • Unit 8 • Week 3

## DAYS OF UNLEAVENED BREAD

### OBJECTIVE:

The children will learn the effects of leaven.

### ATTENTION GETTER:

Supplies: Giant balloon (at least a 16-inch balloon)

Pictures of leavened products (you can use pictures from women's magazines or copy some of the pictures below)

Do: Begin class by blowing up a giant balloon. (The kids will marvel at how big it can grow.)  
Once the balloon is as big as can be, hold the air in the balloon.

Ask: What made my balloon grow so big? [Air.]

Say: That's right. When I blew air into the balloon, the air caused it to grow and grow!

Ask: What happens when we let go of the balloon? [It flies around the room. All the air goes out.]

Say: Without any air in my balloon we have a flat balloon. Nothing puffs it up.

Do: Show pictures of leavened products, such as bread, cake, muffins, cupcakes, etc.

Say: Now I would like you to look at each of these pictures.



Ask: Can you tell me what they all have in common? [You can eat them all. They taste good. You bake them.]

Do you know what the ingredients of all of these good things are? [Flour, eggs, butter, sugar, yeast, baking powder, baking soda.]

Do you remember our balloon? Air made it grow and grow. What ingredient makes the bread or cake puff up, rise and grow and grow? [Leavening—it might be yeast or baking powder or baking soda.]

What other foods have yeast or leaven in them? [Doughnuts, pizza crust, bagels, most crackers, cookies, etc.]

Say: Remember when I let all the air out of the balloon? Did you know that just like a balloon without air, there are breads made without leaven! During the Days of Unleavened Bread God wants us to eat that kind of bread.

#### **BIBLE LESSON:**

Say: The Bible has a lot to say about this. I want to read you some verses from the Bible, so listen carefully as I read them.

Read: Exodus 12:15-20 "Seven days you shall eat unleavened bread. On the first day you shall remove leaven from your houses. For whoever eats leavened bread from the first day until the seventh day, that person shall be cut off from Israel. On the first day there shall be a holy convocation, and on the seventh day there shall be a holy convocation for you. No manner of work shall be done on them; but that which everyone must eat—that only may be prepared by you. So you shall observe the Feast of Unleavened Bread, for on this same day I will have brought your armies out of the land of Egypt. Therefore you shall observe this day throughout your generations as an everlasting ordinance. In the first month, on the fourteenth day of the month at evening, you shall eat unleavened bread, until the twenty-first day of the month at evening. For seven days no leaven shall be found in your houses, since whoever eats what is leavened, that same person shall be cut off from the congregation of Israel, whether he is a stranger or a native of the land. You shall eat nothing leavened; in all your dwellings you shall eat unleavened bread."

Exodus 13:6-7 "Seven days you shall eat unleavened bread, and on the seventh day there shall be a feast to the LORD. Unleavened bread shall be eaten seven days. And no leavened bread shall be seen among you, nor shall leaven be seen among you in all your quarters."

1 Corinthians 5:6-8 "Your glorying is not good. Do you not know that a little leaven leavens the whole lump? Therefore purge out the old leaven that you may be a new lump, since you

truly are unleavened. For indeed Christ, our Passover was sacrificed for us. Therefore let us keep the feast, not with old leaven, nor with the leaven of malice and wickedness, but with the unleavened bread of sincerity and truth."

Matthew 16:6 "Then Jesus said to them, 'Take heed and beware of the leaven of the Pharisees and the Sadducees.'"

Ask: Can anyone tell me what these verses are talking about? [Leavening, Days of Unleavened Bread.]

What does leavening stand for? What does it represent? [Sin.]

Why is leaven (yeast) a good symbol for sin?

Say: When you put yeast in the dough, it goes throughout the whole loaf of bread. Then, just like our balloon, it grows and grows.

Ask: What does eating unleavened bread remind us to do? [It reminds us that we are to keep sin, which leavening represents, out of our lives.]

Why would God command us to keep leaven out of our lives? [God wants us to obey Him and keep sin out of our lives.]

### **LESSON APPLICATION:**

Supplies: Two colors of Play-do or homemade dough (approximately 1/2 cup of white and 1 teaspoon red per child)  
Small paper plates  
Strips of paper with 1 Corinthians 5:6 printed on them  
Glue or paste  
Bread Maze worksheet

Prepare: You'll need to make dough if you do not use pre-made Play-do. You can use the following recipe.

Mix 2 1/4 cups flour, 1 cup salt, 4 tablespoons oil and 1 1/2 cups of boiling water. Combine dry ingredients in a bowl. Add oil. Stir in boiling water with a large spoon until mixture holds together. Knead for several minutes until smooth. Remove a small amount and add red food coloring.

Make strips of paper with 1 Corinthians 5:6 printed on them.

Copy Bread Maze worksheet (if desired).

- Do: Give each child a ball of white play dough and a small amount of the red. Have them mix it together until the red is completely blended in.
- Discuss: As they are mixing the dough, tell them that this is how leaven goes through the whole loaf of bread. It would be impossible to get all of the red clay out again, just as it would be impossible to get the leaven out of the loaf of bread.
- Do: Read Galatians 5:9 "A little leaven leavens the whole lump."
- Discuss: Talk about how sin can enter our life and spread just like the leaven in bread.
- Do: Once the dough is mixed, have the children shape the dough into a "loaf of bread." Next, glue it and the memory verse on a paper plate.
- Do: If you have sufficient time, hand out and complete the "Bread Maze" worksheet.

### **Music:**

Sing the following to the tune of "God Is Calling Children" by Mark Graham, page 51 in the United Church of God hymnal. The following are lyrics by Sue Blumel.

#### THE FEASTS OF GOD

These are Feasts of God,  
Holy convocations.  
Passover is the first,  
When Jesus died for us.

Unleavened Bread is next,  
When we eat flat bread and such.  
Count 50 from the wavesheaf  
Come to Pentecost.

The Feast of Trumpets signals when  
Jesus Christ returns as King.  
On Atonement we don't eat a thing,  
But reconcile to God.

The Feast of Tabernacles comes,  
and we learn God's way of peace.  
The Last Great Day completes God's plan,  
For all who ever lived.

**MEMORY VERSE:**

1 Corinthians 5:6 "Do you not know that a little leaven leavens the whole lump?"

Do: Prior to class print the memory verse on the chalkboard and underline each word. Have all the students say the scripture out loud several times together and individually. Then, erase the last word and leave the underline. Repeat the scripture together filling in the blank. Continue this process until there are no words left on the chalkboard and see how many students are able to recite the entire verse.

# *family activity*

## **THE POINT:**

The children have learned the effects of leaven.

## **ASK ME...**

- What makes bread rise and get bigger?
- What are some foods that contain leavening?
- What does eating unleavened bread remind us to do?
- Who commanded us to eat unleavened bread?
- What does leavened bread symbolize?

## **FAMILY TOGETHER TIME:**

Use this cookie recipe to bake unleavened cookies together. While you're making them, talk about the meaning of leavening.

### Shortbread Cookies

1 1/2 cups butter or margarine  
3/4 cup sugar  
1 egg, beaten

1 teaspoon vanilla  
3 1/2 cups flour  
Egg whites (optional)

Cream butter or margarine and sugar. Add egg and vanilla. Add flour and mix well. Dough can be rolled and cut into desired shapes or dropped onto a cookie sheet. If desired brush dough with egg whites. Dropped cookies should be flattened with a glass bottom dipped in sugar. Rolled cookies should not be too thin as they break up easily. Bake at 325 for 15 minutes. Makes 6 dozen.

After you've baked your cookies, share some with other church members. You may want to ask them for recipes that they like and put them into your own unleavened cookbook.

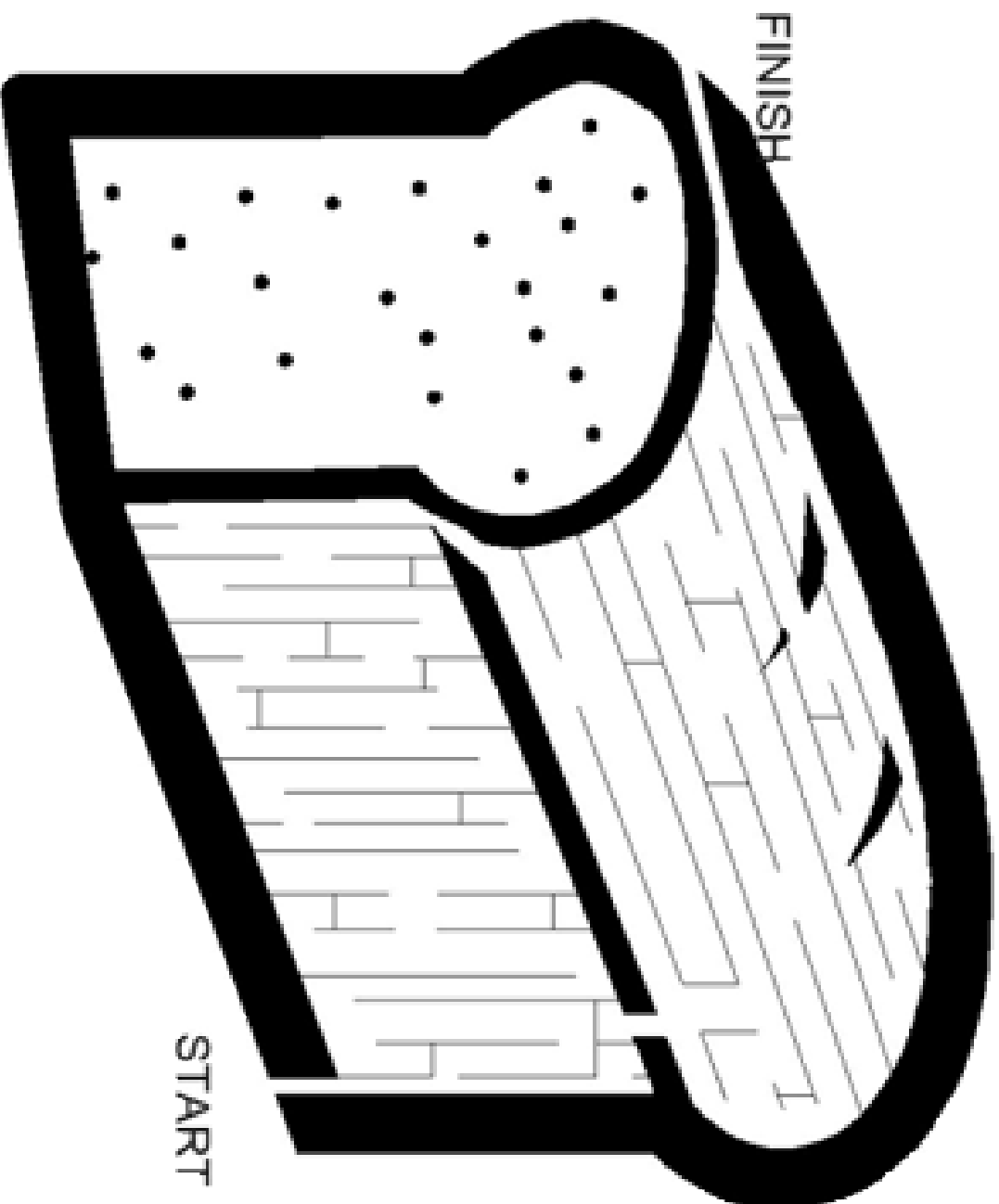
Instructions: Cut the strip off the bottom of this page. You will see this week's memory verse on the back. After your child has learned the verse, glue the two ends together, forming a link of a paper chain. Each lesson's memory verse will add a new link to their chain of Bible knowledge.

—————cut along dotted line—————

(Teacher's note: please write the memory verse on the back of this page at the bottom.)

# **"A LITTLE LEAVEN LEAVENS THE WHOLE LUMP"**

1 Corinthians 5:6



**FIND YOUR WAY THROUGH THE MAZE TO SEE HOW LEAVEN SPREADS THROUGH THE ENTIRE LOAF!  
DON'T LET SIN SPREAD IN YOUR LIFE!**