

Are there pancakes in the Bible?



Shrove Tuesday or 'Pancake Day' is the day before Lent. In the same way that Advent is a time for us to prepare our hearts for Christmas, Lent is our time of preparation for Easter.

The name **Shrove Tuesday** comes from the word "shriven" meaning to confess your sins and receive forgiveness. Forgiveness for sins is at the heart of the Easter story and many Christians choose to use Lent as a time to think about their own behaviour and to recommit themselves to God. Some people choose to give up things during the period of lent such as unhealthy foods or treats or dedicate part of Lent to fasting.

Pancakes are a great recipe for using up ingredients. In some countries there is a celebration feast with lots of rich foods before the period of Lent begins. As you make your pancakes why not pray and thank God for all the good and rich things in your life.

Psalm 37 v 3–6

Trust the Lord and do good.
Live in the land and feed on truth.
Enjoy serving the Lord, and he will give you what you want. Depend on the Lord; trust him, and he will take care of you. Then your goodness will shine like the sun, and your fairness like the noonday sun.

What could you do to recommit yourself to God this lent?

Is there something you need to say sorry to God for?

Is there a healthy or faith building habit you would like to take up this Lent?

Is there an unhealthy thing in your life you would like to give up this Lent?

There are no verses about pancakes in the Bible but there are lots about saying sorry and drawing close to God each day.

A pancake prayer

Dear God,

As we prepare our pancakes help us to remember the good and rich things you bless us with each day.

Help us prepare our hearts for Lent and recommit to connecting with you. Show us where there are things that need to be removed from our lives and areas where we need to say sorry to you.

Amen



Simple Pancake Recipe

(This recipe is for thin crepe style pancakes)

- 1 cup plain flour
- 1 cup milk
- 1 egg



Combine your ingredients to make a batter.

Prepare your frying pan with a small amount of butter or oil so that the pancake doesn't stick.

Pour in the batter, use a spatula around the edge of your pancake to stop it from sticking. Flip the pancake until it is golden brown on both sides!