

# Pretzels and Prayer

---

Introduce Lent as a time of prayer and preparation for Easter.

Tell the students to get into groups of three.

Distribute some pretzels to the students in groups.

Explain that originally pretzels represented arms folded in prayer.

Tell the students to break the pretzels and to form letters then to use those letters to then create a short prayer for Lent.

Encourage them to schedule a special time of prayer each day during Lent.

