

March 7, 2021

Third Sunday of Lent




Pretzel

The pretzel is a favorite treat, a treat for our taste buds and a treat for our hearts. The pretzel is created in the shape of a child folding his/her arms in prayer...with your right hand on your left shoulder and your left hand on your right shoulder, God and Jesus are giving you a hug as you pray in their name.

Fold your arms to make a pretzel hug as you say this special prayer before bed this week:

Pretzel Prayers



I bow my head and twist
my arms tight, before I
climb in bed each night.

I say a prayer to my Father
above to give Him thanks
and feel His love.