

RESURRECTION MERINGUE COOKIES

Turn a simple meringue cookie into a faith-based object lesson.

YIELD: 20 PREP TIME: 30 minutes
TOTAL TIME: 10 hours 30 minutes

INGREDIENTS

- 1 cup whole pecans
- 1 teaspoon vinegar
- 3 egg whites
- 1 pinch salt
- 1 cup sugar

SUPPLIES

- 1 zip top plastic bag
- 1 wooden spoon
- Scotch tape
- Bible



INSTRUCTIONS

- Preheat oven to 300°F (don't skip this step).
- Place pecans in zip top bag and let kids beat them with the wooden spoon to break into small pieces.
† Explain that after Jesus was arrested He was beaten by the Roman soldiers.
Read: John 19:1-3
- Let each child smell the vinegar, then put 1 teaspoon vinegar into a mixing bowl.
† Explain that when Jesus was thirsty on the cross He was given vinegar to drink.
Read: John 19:28-30
- Add egg whites to vinegar.
† Eggs represent life. Explain that Jesus gave His life to give us life.
Read: John 10:10-11, 17-18
- Sprinkle a little salt into each child's hand. Let them taste it, then put the rest into the mixing bowl.
† Explain that this represents the salty tears shed by Jesus' followers and the bitterness of our own sin.
Read: Luke 23:27 and James 4:8-10
- Add 1 cup sugar.
† Explain that the sweetest part of the story is that Jesus died because He loves us. He wants us to know and belong to Him.
Read: Psalm 34:8, John 3:16 and John 1:12
- Beat on high speed for 12 to 15 minutes until stiff peaks are formed.
† Explain that the color white represents the purity in God's eyes of those whose sins have been cleansed by Jesus.
Read: Isaiah 1:18 and 1 John 3:1-3
- Fold in broken nuts. Drop by teaspoon onto a cookie sheet covered with waxed paper.
† Explain that each mound represents the rocky tomb where Jesus' body was laid.
Read: Matthew 27:57-60
- Put the cookie sheet in the oven, close the door, and turn the oven OFF. Give each child a piece of tape and seal the oven door.
† Explain that Jesus' tomb was sealed.
Read: Matthew 27:65-66
- GO TO BED!
† Explain that they may feel sad to leave the cookies in the oven overnight. Jesus' followers were in despair when the tomb was sealed.
Read: John 16:20 & 22
- On Resurrection Sunday (Easter) morning, open the oven and give everyone a cookie. Notice the cracked surface and take a bite. The cookies are hollow!
† Explain that on the first Easter Jesus' followers were amazed to find the tomb open and empty.
Read: Matthew 28:1-9