

The Passover Meal Cooking Instructions

Ingredients:

Roast Lamb (recipe used below – this is only an example)

– Potatoes are not part of the original Passover, but it keeps the meat from burning.

Slow Cooker Lamb Roast

Recipe #9589

★★★★★ 7 reviews

Serves: 3-6
Preparation time: 15 minutes or less

Slow cooker lamb roast.

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Ingredients

1.5 kg lamb roast
4-6 cloves garlic
Sprig of rosemary, woody stems removed
1 potato per person, peeled
½ cup stock, or ¼ cup stock and ¼ cup white wine
4 bay leaves

Method

1. Halve potatoes if they are large, and place in slow cooker pot.
2. Make incisions in roast and press in garlic and rosemary. Place any loose rosemary leaves in pot.
3. Place roast on top of potatoes.
4. Add stock and bay leaves to bottom of pot. Roast should sit just above the liquids.
5. Cook on high for 4-6 hours until meat is cooked. Wrap roast in foil to rest for 10 minutes before carving.

Recipe notes

I used a half defrosted roast so therefore cooked it on high, although you could cook for longer on low if roast is fully defrosted. It is best not to use too large a roast cut due to concerns for food poisoning due to the slow heating of the middle of the roast, although you could cut the meat into smaller sections to avoid this. Use juices in bottom of pot for gravy, ensure to scrape back meat residue.

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For the Meal you will also need:

- Grape juice (or wine)
- Flatbread
- Green Salad or Herbs (like Rocket or Rosemary) – with Hummus or Horseradish

For each individual:

wine/grape juice — 4 servings

For the leader's use:

1 bowl of clear water and a hand towel

Hold back one piece of flatbread (for explanation during the meal)

Easter Supper (Passover Meal)

The Background to the Meal

- God had made a promise to Abraham and then Isaac and Jacob, that he would make a nation of their descendants – a nation that would be called His people (Gen 12:1-3).
- Jacob took his family to Egypt to escape the drought when Joseph was 21C and the family stayed and multiplied.
- Generations passed and the Pharaoh was afraid that the Israelites would become powerful and join Egypt's enemies so they pushed them into slavery.
- For over 300 years, Israel, the people of God, were in slavery to Egypt.
- Moses was born an Israelite, yet raised as an Egyptian in Pharaoh's palace (Ex 2:1-10)
- Moses aged 40, seeing the way an Egyptian treated an Israelite, killed the Egyptian and fled (Ex 2:11-25) only for God to send him back 40 years later to lead his people out of Egypt.
- Moses and Aaron continually plead with Pharaoh to let God's people go and worship Him, but Pharaoh will not let them go. So, God then brings plagues upon Egypt to demonstrate his power and force so that all will know that He is Lord (Exodus 7:1-6) - plagues of Blood, Frogs, Gnats, Flies, Death of Livestock, Boils, Hail, Locusts and Darkness and then finally the 10th plague...the plague of the firstborn (Exodus 11-13).

The Passover Meal

➤ *Read: Exodus 12:1-14*

The LORD said to Moses and Aaron in Egypt, ² "This month is to be for you the first month, the first month of your year. ³ Tell the whole community of Israel that on the tenth day of this month each man is to take a lamb for his family, one for each household. ⁴ If any household is too small for a whole lamb, they must share one with their nearest neighbour, having taken into account the number of people there are. You are to determine the amount of lamb needed in accordance with what each person will eat. ⁵ The animals you choose must be year-old males without defect, and you may take them from the sheep or the goats. ⁶ Take care of them until the fourteenth day of the month, when all the members of the community of Israel must slaughter them at twilight. ⁷ Then they are to take some of the blood and put it on the sides and tops of the doorframes of the houses where they eat the lambs. ⁸ That same night they are to eat the meat roasted over the fire, along with bitter herbs, and bread made without yeast. ⁹ Do not eat the meat raw or boiled in water, but roast it over a fire—with the head, legs and internal organs. ¹⁰ Do not leave any of it till morning; if some is left till morning, you must burn it. ¹¹ This is how you are to eat it: with your cloak tucked into your belt, your sandals on your feet and your staff in your hand. Eat it in haste; it is the LORD's Passover.

¹² "On that same night I will pass through Egypt and strike down every firstborn of both people and animals, and I will bring judgment on all the gods of Egypt. I am the LORD. ¹³ The blood will be a sign for you on the houses where you are, and when I see the blood, I will pass over you. No destructive plague will touch you when I strike Egypt.

¹⁴ "This is a day you are to commemorate; for the generations to come you shall celebrate it as a festival to the LORD—a lasting ordinance.

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The 'Passover Festival' was celebrated by Israel from that point on – and it is that Passover Festival that Jesus was celebrating with his disciples the night he was arrested and tried...the following day he was sacrificed for our sin.

[For reference see Matthew 26:1-29 (additional reading can be from the other gospels: Mark 14:1-26, Luke 22:1-39, John 13-17)]

1. Washing of Hands/Feet

- *The leader holds the bowl and towel for the person next to them to dip his hands in a washbasin and wipe his hands on the towel. It is passed around the table one in service of the other. Alternatively do the same by washing one another's feet.*

Explain: Jewish families remember how the priest washed in the basin before he could come before God on behalf of Israel ([Exodus 30:17-21](#)).

What Christians recognise is that it is Jesus, who washes away our guilty conscience so that we can draw near to God ([Hebrews 10:22](#)). This symbol of cleansing also provides insight concerning the comments and reactions of the disciples when Jesus washed their feet at his Passover meal ([John 13:1-17](#)).

- *Read: John 13:1-17*

It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end.

²The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. ³Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; ⁴so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. ⁵After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

⁶He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?"

⁷Jesus replied, "You do not realize now what I am doing, but later you will understand."

⁸"No," said Peter, "you shall never wash my feet."

Jesus answered, "Unless I wash you, you have no part with me."

⁹"Then, Lord," Simon Peter replied, "not just my feet but my hands and my head as well!"

¹⁰Jesus answered, "Those who have had a bath need only to wash their feet; their whole body is clean. And you are clean, though not every one of you." ¹¹For he knew who was going to betray him, and that was why he said not every one was clean.

¹²When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" he asked them. ¹³"You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. ¹⁴Now that I, your Lord and Teacher, have washed

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your feet, you also should wash one another's feet. ¹⁵ I have set you an example that you should do as I have done for you. ¹⁶ Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. ¹⁷ Now that you know these things, you will be blessed if you do them.

2. Sit down, ready to eat the meal.

- *Sit down to eat the meal*

Explain: The meal we are about to eat is reminiscent of the meal that the Israelites would have shared on the night that they were saved by God and rescued from Egypt. The Lamb (representing the Passover lamb that was sacrificed), bitter herbs (representing the bitterness of slavery the nation of Israel endured in Egypt), the grape juice (representing the blood that was spilt and painted on the door frames), and flatbread (with no yeast – as they had to eat it in a rush)

- *Ask someone to say grace – giving thanks that we can use this meal to remember what Jesus did for us.*

3. Share in the meal.

- *During and spread out over the duration of the meal, explain the four cups that were shared during the Passover Festival.*
- *Make sure everyone has something to drink.*

Explain:

- The First Cup: The Cup of Sanctification** - The word 'sanctification' means to be set apart for God (to be cleansed). Jewish families remember that God performed miraculous deeds to free (set apart) Israel from Egypt. We remember that Christ set us apart from the world as a holy nation to himself ([1 Peter 2:9](#)).
 - *Everyone drinks the first cup. Refill.*
- The Second Cup: The Cup of Plagues** - God poured out 10 plagues on Egypt in order to show His strength and deliver the nation of Israel.
 - *Everyone drinks the second cup. Refill.*
- The Third Cup: The Cup of Redemption** - The word 'redemption' suggests the idea of a price being paid to bring someone out of slavery. The sacrificial lamb offered on Passover paid the price to deliver the nation of Israel from the bondage of Egypt. We know that at the last supper, Jesus took the bread and the cup and used them to teach his disciples.
 - *Read: Matthew 26:26*

²⁶ While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body."

- *Break the Flatbread – and give one piece to each person to eat.*
- *Read: Matthew 26:27-29*

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²⁷ Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. ²⁸ This is my blood of the covenant, which is poured out for many for the forgiveness of sins. ²⁹ I tell you, I will not drink from this fruit of the vine from now on until that day when I drink it new with you in my Father's kingdom."

➤ *Everyone drinks the third cup. Refill.*

d. **The Fourth Cup: The Cup of Praise** - This final cup is a reminder of God's promise to Israel ([Exodus 6:7](#)): God said to Israel: "I will take you as my own people." The Jewish people look forward to a golden age when everyone will be at peace and will be reunited with God. In Jewish homes, it is traditional to close the Passover Festival meal by saying: "Next Year in Jerusalem," a further indication of their waiting for Messiah.

As followers of Jesus, we too, have been chosen by God to be His people, and we eagerly wait *for the return* of the Messiah so that we will be with Him forever as he promised.

➤ *Read: John 14:1-7 [Jesus said to his disciples – directly following his last supper]*

"Do not let your hearts be troubled. You believe in God; believe also in me. ² My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? ³ And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. ⁴ You know the way to the place where I am going."

⁵ Thomas said to him, "Lord, we don't know where you are going, so how can we know the way?"

⁶ Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me. ⁷ If you really know me, you will know^[b] my Father as well. From now on, you do know him and have seen him."

➤ *Everyone drinks the fourth cup.*

4. Finish the meal.

➤ *Once you have finished eating (and before you clean-up), close the meal.*

Explain: With the Passover ceremony finished, we have remembered what Jesus did as the ultimate sacrifice for our sins. And so, we look forward to the day he returns as promised.

➤ *Read: 1 Thessalonians 4:13-17*

¹³ Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope. ¹⁴ For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him. ¹⁵ According to the Lord's word, we tell you that we who are still alive, who are left until the coming of the Lord, will certainly not precede those who have fallen asleep. ¹⁶ For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. ¹⁷ After that, we

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who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever.

➤ *Finish by saying together: "Come, Lord Jesus!"*