



## **Bibles & Bows: Bread of Life**

September 30, 2025

Bread is one of the most basic, universal foods in the world.

Almost every culture has some form of it—flatbread, loaves, tortillas, or rolls.

It's a daily staple, something people depend on for sustenance.

The inner part of the bread encased in the crust is called the “crumb” hence why small bits of this part of the bread are called “crumbs.”

Bakers used to be fined if their loaves were underweighted, so they added an extra loaf to every dozen, hence the term “Bakers Dozen.”

Three main types: yeast bread, quick bread, and flatbread.

There is no exact number for how many types of bread exist worldwide, but some sources suggest the number could be over 6,000 unique types, especially when considering all homemade and culturally unique variations.

With 3,000 of these types coming from Germany.

Bread was used in the early classrooms as erasers.

Assuming a sandwich was eaten for breakfast, lunch, and dinner, it would take 168 days to eat the amount of bread produced from one bushel of wheat.

A family of four could live 10 years off the bread produced by one acre of wheat.

Turkey and Germany have the highest bread consumption per capita worldwide, with the average citizen consuming around 440 pounds of bread annually.

The average American consumes about 53 pounds of bread annually.

From being used as money, to an eraser, to medicine, to a culinary delight – BREAD effects every culture on earth, since civilization began.

When Jesus called Himself “**the Bread of Life,**” He wasn’t just using a nice metaphor. He was declaring that **He is essential-** not just for survival, but for true, eternal life.

In John 6, Jesus had just fed the 5,000 with five loaves and two fish. The crowd followed Him, wanting more food. But Jesus knew their hearts. He challenged them to stop chasing temporary satisfaction and start seeking **eternal nourishment.**

# Presentation by Karen Steed-Meason

Tracing the history and impact of bread across ages

## MODERN BREAD VERSUS BREAD IN BIBLICAL TIMES: EVOLUTION, INGREDIENTS, AND CULTURAL SIGNIFICANCE

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# PRESENTATION AGENDA

- Bread in Biblical Times: Ingredients and Preparation
- Cultural and Religious Significance of Bread in the Bible
- Modern Bread: Ingredients, Technology, and Variety
- Comparative Analysis: Nutrition, Taste, and Accessibility

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Famous Quote:

- “Man shall not live by bread alone.....but woman can!” –  
Becky Hearrell

# BREAD IN BIBLICAL TIMES: INGREDIENTS AND PREPARATION



## COMMON GRAINS AND INGREDIENTS USED

### Grains Used

Ancient breads mainly utilized grains like barley and wheat, fundamental to early agriculture.

### Simple Ingredients

Basic ingredients included water and natural leavening agents, reflecting the era's agricultural simplicity.

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## TRADITIONAL BREAD-MAKING METHODS

### Manual Grain Grinding

Traditional bread-making begins with manually grinding grains to create flour.

### Mixing and Dough Preparation

Ground grains are mixed with water to form dough, a vital step in bread-making.

### Baking on Hot Stones or Clay Ovens

Dough is baked on hot stones or in clay ovens, using traditional heat sources.



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## TYPES OF BREAD IN ANCIENT SOCIETIES

### Variety of Ancient Breads

Ancient societies produced various breads including flatbreads and leavened loaves suited to different regions and purposes.

### Everyday Sustenance

Bread was a staple food providing essential nourishment in daily life across biblical communities.

### Ceremonial Uses

Certain breads held ceremonial significance and were used during religious or cultural rituals.

# CULTURAL AND RELIGIOUS SIGNIFICANCE OF BREAD IN THE BIBLE

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# SYMBOLISM AND REFERENCES IN BIBLICAL TEXTS

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## ROLE OF BREAD IN RITUALS AND DAILY LIFE

### **Bread in Religious Rituals**

Bread played a central role in religious offerings and ceremonial feasts, symbolizing spiritual nourishment and devotion.

### **Daily Food Staple**

As a daily staple, bread supported family meals and fostered community bonding through shared nourishment.

# BREAD AS A METAPHOR AND SPIRITUAL ELEMENT

# MODERN BREAD: INGREDIENTS, TECHNOLOGY, AND VARIETY

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## COMMON INGREDIENTS AND ADDITIVES IN MODERN BREAD



### **Refined Flours**

Modern breads commonly use refined flours for a soft texture and consistent baking quality.

*(Coarse milling: Ancient grain was milled using stone mills, resulting in a coarse flour that included more of the outer bran and germ. This whole-grain flour would have retained more of the grain's natural nutrients, including protein.)*

### **Preservatives**

Preservatives are added to extend the shelf life of bread by preventing mold and spoilage.

### **Emulsifiers**

Emulsifiers improve dough stability and texture by helping ingredients blend effectively.

### **Nutritional Enrichments**

Enrichments add vitamins and minerals to enhance the nutritional value of bread.

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# INDUSTRIAL BAKING PROCESSES AND INNOVATIONS

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## DIVERSITY OF BREAD TYPES AROUND THE WORLD TODAY

### **Artisanal Sourdough Bread**

Artisanal sourdough bread is known for its natural fermentation and unique tangy flavor, representing traditional baking techniques.

### **Packaged White Bread**

Packaged white bread is widely consumed for its convenience and soft texture, reflecting modern consumer preferences.

### **Global Bread Traditions**

Bread types around the world showcase diverse culinary traditions and ingredients unique to each culture.

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# COMPARATIVE ANALYSIS: NUTRITION, TASTE, AND ACCESSIBILITY

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## NUTRITIONAL DIFFERENCES BETWEEN ANCIENT AND MODERN BREAD

### **Whole Grains in Ancient Bread**

Ancient breads typically contained whole grains, providing higher fiber and micronutrients essential for health.

### **Refined Flour in Modern Bread**

Modern breads often use refined flour, reducing fiber content and micronutrient levels compared to ancient varieties.



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## FLAVOR PROFILES AND TEXTURE CONTRASTS

### **Traditional Bread Characteristics**

Traditional breads feature robust, natural flavors with denser and chewier textures.

### **Modern Bread Characteristics**

Modern breads often have softer textures and milder flavor profiles suited for wider tastes.

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## ACCESSIBILITY AND AFFORDABILITY OVER TIME

### **Industrial Baking Advances**

Modern industrial baking techniques have greatly increased bread production efficiency and lowered costs.

### **Historical Bread Production**

Bread making in biblical times was labor-intensive and localized, resulting in limited accessibility and higher costs.

(The whole process from planting or collecting to harvesting, milling, grinding, and baking burned A LOT of calories!)

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The Chicken and Dumplings were wonderful! So was the Bread Pudding and Sauce. It was quite a feast! Thanks to all who helped with the food tonight!