

SUMMARY

This week we landed on one line of the Lord's Prayer: "Give us today our daily bread." It can sound like an old-fashioned phrase, but it was written for people who genuinely didn't know whether there would be food tomorrow. Most of us pray it from full pantries. We have engineered uncertainty out of our kitchens, and in the process we have quietly engineered prayer out of our lives. When we have a need, we get it, when we have a want we get it, so we rarely stop to depend on God for anything.

This message isn't really about food provision; it's about what sits underneath it: dependence on God. In Exodus 16, God fed Israel in the wilderness with manna (sweet bread from heaven) that fell fresh each morning and could not be stored overnight. They had to come back the next day, and the next. In Matthew 6, Jesus tells us not to worry about tomorrow but to seek first His kingdom, trusting the Father who already knows what we need. Praying for today's bread is how we push back on tomorrow's worry.

MAIN TAKEAWAY

You can't live today on last year's faith any more than you can live today on last year's meal. God didn't design you to run on stored faith; He designed you to come back to Him today.

ICE BREAKER

If you could only eat one meal every day for the rest of your life, what would it be?

LOOK BACK

- Before diving in, last week we talked about forgiveness, and when we are eager or reluctant to give it. What opportunities did you find this week to practice forgiveness and how did it go?
- How easy is it for you to worry about what you need, whether that's money, health, work, or your kids? When worry shows up, where do you turn first?
- Because many of our needs can be met instantly, prayer can quietly become optional. Looking back, when have you noticed that comfort makes you less aware of your need for God?

LOOK UP

- Read Exodus 16:11-21. Why do you think God chose a daily drop instead of a yearly supply? What does that tell you about the kind of God He is, and about the way we're wired?
- Read Matthew 6:31-34. Why is it so easy for us to worry about our needs, and how easy or hard is it for you to depend on God instead?
- There is an old Jewish parable of a king who gave his son an allowance once a year, and the son visited only once a year; when the king switched to a daily allowance, the

son came every day. How does praying for "daily" bread change your relationship with God compared to praying only in a crisis?

LOOK AHEAD

- Right now, name one honest thing: what do you need from God today? Not for next year or next month, just for today.
- The question isn't "did you once follow Jesus?" but "are you following Him today?" It's easy to lean on a decision we made years ago instead of a fresh, daily walk with Him. What is one step you can take this week to follow God daily, recognizing Him as the one who provides?

WEEKLY CHALLENGE

Pick a set time each day this week, morning coffee, lunch, the drive home, and meet with God there. Not a long list, just a few honest minutes: tell Him what you need for that day and thank Him for what He gave you yesterday. The goal isn't a perfect streak, it's learning to come back tomorrow.

CONVERSATION TIPS

- **Listen Well.** Give others your full attention, and listen to understand rather than to respond.
- **Share Honestly.** Be open about your thoughts and questions; none of us have all the answers.
- **End with prayer.** Share requests around the group, then close your time together in prayer.