



*Lord's Prayer: Our Father in heaven, hallowed be your name. Your kingdom come. Your will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us to the time of trial, but rescue us from the evil one. For the kingdom and the power and the glory are yours forever. Amen*

### **Monday: Give:**

This first word "give" reminds us that even the most basic necessities of life are a gift from God. Most of us have such an abundance of bread that we forget to pray for it. The phrase "give us" tells us that when we come to God, we're needy. We have needs we can't meet ourselves. As much as we'd like to think we're self-sufficient, we really are desperately dependent on God. Praying for God to give us our daily bread, then, is a matter of fundamental honesty. God is the one who waters the earth and makes the crops to grow. He is the one who gives us life and strength to earn our bread and then to bake it. Thus our daily bread is not to be taken for granted. We are utterly dependent upon God's gracious provision every moment of every day.

**What situations have caused you to feel this daily neediness in your life? What areas of our life do you feel needy in today?**

Don't lose hope however for the recognition of our own spiritual poverty is the starting point for effective prayer and deeper personal relationship with the Savior. It removes our pride and reminds us that our lives are fragile, dependent creations and that God cares about all of that. This phrase, give us, reminds us that God is our only sufficient source. He's the only one qualified to meet our needs.

**What are some ways God provided you today? Spend some time in prayer thanking God for them. What are some needs you have? Ask God for these things.**

### **Tuesday: Us:**

The second important word is the easiest to miss: "Give us this day our daily bread." Praying the fourth petition -"give us this day our daily bread" -calls us to a life style of solidarity. Note the pronouns carefully. "Give us, our daily bread" --they are plural. Not "give me, my daily bread." "Not even "give my family." Not even "give my church." But give us -- the "us" being all who have become child of the Father through faith in Jesus. It reminds us that their needs are our needs to. We should not only pray for them. Maybe God could use us to provide for them.

**What are some needs that others have have?  
Ask God to provide these things to help them  
trust Him for his daily provision.**

**What are some ways God provided for other  
believers (your family, your friends, your  
church, broader Christians) today? Thank God  
for these provisions.**

Read through Q & A 125 (box to the right).

**What phrase sticks out to you? Why does it resonate with you? How does this question and answer challenge or comfort you?**

### **Wednesday: Daily.**

When we ask God to give us our “daily bread”, Jesus instructs that we are not to request that He provide it weekly or monthly, but daily. We are to ask for a day’s worth of bread at a time. We have a tendency in this modern age not to live from day to day in terms of the things we need to eat. We stock up on food. We have refrigerators and freezers that extend the life of our food and keep it fresh. So it’s not our custom to face each new day with the fresh need to find food for our sustenance. Given this custom, we have a powerful need to pray this petition of the Lord’s Prayer and to grasp our constant dependence on the provision of God to sustain our very lives.

**How do you think someone who has very little (only enough for a day) would pray this prayer differently than one who has more than they need? Why do they both need this prayer?**

Why does Jesus place such emphasis on daily bread? I doubt it had anything to do with the lack of preservatives in the bread at the time. Rather, I believe Jesus had a much more profound reason for instructing us to request daily bread. I think He did so primarily to teach us that we need to acknowledge our dependence on the providence of God to sustain us day to day. He was saying that we should live in a daily dependence on the provision that God gives. Praying this “one day at a time” prayer, of course, poses a crisis of faith. Is the Father of Jesus able to provide one day at a time? Is the Father of Jesus faithful to provide? Will he come through tomorrow and the next day, and the next day, until we are finally in his eternal Promised Land?

**Why is it sometimes hard to trust on daily basis? What would be a benefit of having to do this?**

## **Heidelberg Catechism Q & A 125**

### **Q. What does fourth petition mean?**

A. ““Give us this day our daily bread” means:

Do take care of all our physical needs<sup>1</sup>

so that we come to know

that you are the only source of everything good,<sup>2</sup>  
and that neither our work and worry nor your gifts  
can do us any good without your blessing.<sup>3</sup>

And so help us to give up our trust in creatures  
and trust in you alone.<sup>4</sup>

1 [Ps. 104:27-30](#); [145:15-16](#); [Matt. 6:25-34](#)

2 [Acts 14:17](#); [17:25](#); [James 1:17](#)

3 [Deut. 8:3](#); [Ps. 37:16](#); [127:1-2](#); [1 Cor. 15:58](#)

4 [Ps. 55:22](#); [62](#); [146](#); [Jer. 17:5-8](#); [Heb. 13:5-6](#)

**Spend some time praying that God create a continual dependence on him.**

**Pray that God would give CrossWay Church the daily bread it needs to do the ministry it has called it to. Spend some time praying for that God would use our church to reveal God's Will to the people in our communities and draw people into his kingdom through us.**

### **Thursday: Bread**

Bread. We simply cannot make it without bread. Bread (or rice) is the most fundamental staple of human existence. We can make it without coffee or chocolate --honestly we can. We can make it without television or a new wardrobe. But we cannot make it without bread.

Jesus teaches us to ask for bread, not dessert. Gregory of Nyssa explained it like this: "We are commanded to seek what is necessary for the preservation of the bodily existence, by saying to God, Give bread, not luxury, nor wealth, nor beautiful purple robes, nor ornaments of gold,—nor anything else by which the soul might be drawn away from its divine and worthier care, but—bread."

**What types of things do you normally pray for? How does it compare to what Gregory of Nyssa talks about?**

Bread was a powerful symbol of God's provision for His people in the Old Testament. God provided Manna cared for the Israelites when they were in the wilderness after their exodus from Egypt. This example of Manna is a great example of how God normally works. Each day, God sent the Manna and the Israelites had to go and collect enough for one day. This reminds us how God often provides for us. On the one hand, we have to trust in the benevolent providence of God to give us our daily bread (He provides the means and opportunities), and on the other hand, we are to be industrious, doing all that we can to provide for our families. God typically works through means, and He normally provides through the means of our labor.

**What would be the error of thinking God will always miraculously provide without any work on our part?**

**What would be the problem with thinking we do all the work and not acknowledge God's provision even if it through our work?**

**Pray that God would give various churches or ministries you know the daily bread they needs to do the ministry that has called them to. Spend some time praying for that God would use their bread to feed the bodies and souls of those in need.**

## **Friday: Bread of Life**

Finally, when Jesus taught his disciples to pray "give us today our daily bread," he was reminding them that he was there to sustain them spiritually as well as physically. Jesus tried to teach people this lesson after he fed the five thousand. They were so impressed with this miracle that they wanted to sign up for his permanent meal plan. "Sir," they said, "from now on give us this bread" (John 6:34). Jesus answered, "I am the bread." He was saying something like this: "You have to understand, there is more to life than daily bread. What you really need is life itself, not just now but forever, and I am the only one who can give it to you." Praying for God to give us our daily bread with Jesus and his death in mind also reminds us that we daily need Jesus grace in our lives. We sin knowingly and unknowingly. His bread of life offers forgiveness. The bread analogy can also point towards Spirit's giving us the strength or provision we need to endure temptation and trials in our life.

**How have you sinned today? Confess those sins and thank Jesus for being your bread of life and sacrificing his Body for you.**

**What trials do you currently face that you need the Spirit's daily sustenance or provision?**

This imagery of bread is very important for us to remember each Sunday at CrossWay because each time we partake of communion we are reminded that Jesus is "the bread of life" (John 6:35). As Phillip Ryken reminds us, "When we receive communion, the bread on the table is physical bread, but it also has a spiritual meaning. The bread is an aftertaste of salvation. It reminds us of the Body that was given for our sins on the cross. It is also a foretaste of the kingdom to come, when we will sit down with Jesus at his eternal banquet and eat the bread of heaven."

**Pray that God show your unbelieving friends family, neighbors and others in our community that they need the Jesus, the Bread of Life in their life.**

### **What is the Heidelberg Catechism?**

This document was written in 1563. Its name is derived from the city in which it was written. It is a remarkably warm-hearted and personalized confession of faith that was created to teach the basic truths of the Christian faith through a series of Questions and Answers. It is a document that is still used by Reformed churches to the present day.

### **Why is it included in the prayer guide?**

The catechism saw value in teaching the Lord's prayer to new Christians and explain its content further. We include it in this prayer guide to give us a wider historical perspective. We also think that its answers are still applicable and challenging today.