



HOW DO WE PRAY?

AN 8 PART STUDY ON INTIMACY WITH GOD

Session 4: Give Us This Day Our Daily Bread

*Learning to trust God for what we
need each day*

Introduction – From Surrender to Dependence

The Lord's Prayer has been gradually reshaping our understanding of prayer.

First we acknowledge our relationship with God.

Our Father in heaven.

Then we recognize His holiness.

Holy is Your name.

Then we align our lives with His purposes.

Your Kingdom come.

Your will be done.

Now the prayer takes another turn.

Jesus teaches us to pray:

“Give us today the food we need.”

This moment in the prayer reminds us of something deeply important.

Even as we participate in God's work, we remain **completely dependent on Him**.

Prayer becomes the place where we learn to trust God not only for great spiritual purposes, but also for the ordinary needs of everyday life.

Scripture Reading

Read the Lord's Prayer slowly.

Scripture: Matthew 6:9–13

⁹Pray like this: Our Father in heaven, may your name be kept holy. ¹⁰May your Kingdom come soon. May your will be done on earth, as it is in heaven. ¹¹Give us today the food we need, ¹²and forgive us our sins, as we have forgiven those who sin against us. ¹³And don't let us yield to temptation, but rescue us from the evil one.

Notice how the prayer now shifts from God's purposes to human need.

But even here the prayer remains centered on **trust rather than control**.

Key Idea

When we pray **“Give us this day our daily bread,”** we acknowledge our dependence on God for what we need and learn to trust Him for each day.



Movement 1 – The Meaning of “Daily Bread”

At first glance this phrase appears simple.

Jesus teaches His followers to ask God for food.

But the phrase “**daily bread**” carries deeper meaning.

Bread in the ancient world represented the most basic necessity of life.

It symbolized **everything required for sustaining life**.

When we pray for daily bread, we are asking God for the provision of what we truly need.

Not excess.

Not luxury.

But what sustains life.

Movement 2 – Remembering the Wilderness

Jesus’ words echo an important story from the history of Israel.

When the Israelites traveled through the wilderness, God provided food for them each day.

Scripture: Exodus 16:4–5

⁴Then the Lord said to Moses, “Look, I’m going to rain down food from heaven for you. Each day the people can go out and pick up as much food as they need for that day. I will test them in this to see whether or not they will follow my instructions. ⁵On the sixth day they will gather food, and when they prepare it, there will be twice as much as usual.”

God gave them **manna**, bread from heaven.

But there was an important instruction.

They were only to gather **enough for each day**.

If they tried to store extra out of fear or control, the food would spoil.

Scripture: Exodus 16:19–20

¹⁹Then Moses told them, “Do not keep any of it until morning.” ²⁰But some of them didn’t listen and kept some of it until morning. But by then it was full of maggots and had a terrible smell. Moses was very angry with them.

Through this daily provision, God was teaching His people to trust Him.

Each morning they had to depend on Him again.



In the same way, Jesus teaches His followers to trust God **one day at a time**.

Movement 3 – Dependence Instead of Self-Sufficiency

Human beings naturally desire independence and control.

We prefer to secure our own future and remove uncertainty from life.

Yet Jesus teaches something different.

Scripture: John 15:5

⁵ “Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.

Apart from God, we cannot sustain the life we were created to live.

Praying for daily bread reminds us that life itself and all we have is a gift from God.

- Every breath.
- Every opportunity.
- Every resource.

Recognizing this dependence does not weaken us.

It places us in the proper relationship with our Creator.

Movement 4 – The Bread of Life

Jesus later expands this idea in a powerful way.

Scripture: John 6:35

³⁵ Jesus replied, “I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.

Jesus declares:

“I am the bread of life.”

This reveals that the deepest hunger of the human heart is not physical but spiritual.

People hunger for:

- meaning
- forgiveness
- purpose



- restoration
- relationship with God

Jesus Himself is the provision for that hunger.

When we pray for daily bread, we are also acknowledging our need for **spiritual nourishment from Christ**.

Movement 5 – Trust Instead of Anxiety

Immediately after teaching the Lord’s Prayer, Jesus addresses the topic of worry.

Scripture: Matthew 6:25–27

²⁵ “That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? ²⁶ Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? ²⁷ Can all your worries add a single moment to your life?”

Scripture: Matthew 6:31–33

³¹ “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ ³² These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. ³³ Seek the Kingdom of God^[a] above all else, and live righteously, and he will give you everything you need.

Jesus reminds His followers that the Father knows their needs.

He points to birds and flowers as examples of God’s care.

The point is not that life will be effortless.

The point is that God is attentive to the needs of His children and fear, anxiety, and worry are the enemy’s tools to distract us from remembering this!

Daily bread invites us to trust God rather than live in constant anxiety about tomorrow.

Movement 6 – The Communal Nature of Provision

Notice the wording of the prayer.

Jesus does not say:

“Give me my daily bread.”

He teaches us to pray:

“Give us this day our daily bread.”



This reminds us that God's provision is meant to be shared within the community of faith.

Scripture repeatedly calls believers to care for one another.

Scripture: Matthew 10:8

⁸ *Heal the sick, raise the dead, cure those with leprosy, and cast out demons. **Give as freely as you have received!***

Scripture: Acts 2:44–45

⁴⁴ *And all the believers met together in one place and shared everything they had. ⁴⁵ They sold their property and possessions and shared the money with those in need.*

Scripture: Galatians 6:2

² *Share each other's burdens, and in this way obey the law of Christ.*

As God provides for us, we become instruments of provision for others. As we receive

Daily bread is both a prayer of trust and a call to generosity.

Summary – Daily Bread

When Jesus teaches us to pray for daily bread, He reminds us that:

God is the source of all provision.

We are dependent on Him each day.

Jesus Himself is the Bread of Life.

Trust replaces anxiety.

God's provision is meant to be shared.

Prayer teaches us to live with **daily trust in God's care.**

Reflection Questions

1. What does “daily bread” represent in your life right now?
 2. Why do you think Jesus teaches us to ask for provision one day at a time?
 3. What makes it difficult to trust God for daily needs?
 4. How does Jesus being the “Bread of Life” deepen the meaning of this prayer?
 5. How might God want to use you as part of someone else's provision?
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Personal Notes



(Use this space to record insights, questions, or reflections.)

Practice for the Week

This week, begin your prayers with the phrase:

“Give us today the food we need.”

Then reflect on:

Where have I already seen God provide for me?

What do I truly need today?

Where might someone else need provision that I could help provide?

Allow this prayer to cultivate **gratitude, trust, and generosity**.

Closing Thought

Praying for **daily bread** reminds us that life with God is not sustained by our own strength.

Each day we live by His provision.

And each day we are invited to trust Him again.

