

FACILITATOR / TEACHER GUIDE

SESSION 4 – GIVE US TODAY OUR DAILY BREAD

Learning to Trust God With Our Daily Needs

PURPOSE OF THIS SESSION

In the Lord's Prayer, Jesus now turns from God's character and purposes to **human need**. For the first time, requests are spoken—not grand or abstract ones, but a simple, humble prayer:

“Give us today our daily bread.”

This session explores what it means to bring our **ordinary, daily needs** before God with trust rather than anxiety. Jesus teaches His followers to pray for *enough*, not excess—to live in dependence rather than self-sufficiency.

The purpose of this session is to help participants reflect on reliance, provision, and trust, and to consider how prayer reshapes the way we face everyday needs.

INTENDED USE

This lesson is designed for **personal preparation and group discussion**. Participants should complete the Student Guide before the group gathering.

The facilitator's role is to:

- Normalize vulnerability around need and dependence
- Create space for honest reflection about anxiety and trust
- Help participants see prayer as daily reliance, not emergency response
- Resist moralizing scarcity or abundance

This session works best when facilitators model gentleness and realism.

LEARNING OBJECTIVES

By the end of this session, participants should be able to:

- Understand why Jesus teaches us to pray for daily provision
- Reflect on the difference between dependence and self-reliance
- Recognize anxiety that shapes prayer
- See prayer as daily trust rather than occasional crisis



- Consider how gratitude and trust grow together
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FACILITATOR PREPARATION

Before leading the session:

- Reflect on your own relationship with provision and security
- Consider how culture shapes views of need, success, and scarcity
- Be prepared for practical concerns to surface
- Avoid spiritualizing need or dismissing real struggles
- Allow space for silence and honesty

Emphasize that dependence is not failure—it is **human**.

SESSION FLOW (60–75 MINUTES)

1. WELCOME AND OPENING PRAYER (5 MINUTES)

Welcome participants and briefly connect this session to the flow of the prayer.

You may say:

“So far, we’ve seen prayer shaped by relationship, worship, and alignment. Today, Jesus invites us to bring our everyday needs honestly before God.”

Open with prayer, asking God to:

- Create trust and openness
- Calm anxiety and fear
- Shape hearts toward reliance

Suggested prayer focus:

- Trust in God’s provision
 - Freedom from anxiety
 - Daily dependence
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2. ORIENTING THE GROUP: A TURN TOWARD NEED (5 MINUTES)



Briefly frame the movement.

Key points to highlight:

- This is the first request in the prayer
- The request is simple and daily
- Dependence is assumed, not avoided

Key teaching point:

Prayer invites us to trust God with what we need *today*.

3. DISCUSSION: “OUR DAILY BREAD” (10 MINUTES)

Invite reflection on the language Jesus uses.

Discussion prompts:

- **Why do you think Jesus teaches us to pray for daily bread rather than abundance?**
- **What does this phrase suggest about trust and timing?**
- **What might “daily bread” represent beyond food?**

Facilitator guidance:

- Encourage practical examples
 - Avoid abstract spiritualization
 - Affirm everyday concerns
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4. DISCUSSION: DEPENDENCE VS. SELF-SUFFICIENCY (10 MINUTES)

Explore cultural assumptions.

Key teaching point:

Dependence is not weakness—it is relationship.

Discussion prompts:

- **Where does self-sufficiency show up most strongly in our lives?**
- **Why is dependence often uncomfortable?**
- **How does prayer challenge the illusion of control?**

Normalize struggle without judgment.



5. DISCUSSION: ANXIETY AND TRUST (10 MINUTES)

Address the emotional layer.

Discussion prompts:

- **What worries most often shape your prayers?**
- **How does anxiety influence what we ask for—or avoid asking for?**
- **What does trusting God with daily needs look like in practice?**

Hold space gently. Avoid quick reassurance.

6. DISCUSSION: ENOUGH FOR TODAY (5–10 MINUTES)

Focus on timing and contentment.

Discussion prompts:

- **Why do you think Jesus emphasizes “today”?**
- **How does focusing on today change anxiety about the future?**
- **What is the difference between trust and passivity?**

Encourage realism and humility.

7. REFLECTION: WHERE DO I RELY? (5–10 MINUTES)

Invite inward reflection.

Reflection questions:

- **Where do you most struggle to trust God with provision?**
- **What areas of life feel most fragile or uncertain?**
- **What helps you return to trust when anxiety rises?**

Allow silence.

8. INVITATION: PRACTICING DAILY TRUST (5 MINUTES)

Help participants look ahead.

Discussion prompts:

- **What would it look like to pray for today rather than everything at once?**



- **How might gratitude shape trust?**
- **What is one daily need you want to place before God this week?**

Encourage simplicity.

9. CLOSING PRAYER AND BLESSING (5 MINUTES)

Close by thanking God for:

- Provision
- Faithfulness
- Daily presence

You may end by slowly praying this line of the Lord's Prayer together.

Optional prayer focus:

- Trust
 - Gratitude
 - Peace
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KEY TAKEAWAY FOR FACILITATORS

This session is about **re-learning dependence**.

If participants leave with:

- Greater honesty about need
- Reduced pressure to be self-sufficient
- Openness to daily trust

then the session has fulfilled its purpose.

Let prayer meet ordinary life.

Let trust replace anxiety.

Let today be enough.

