



My Daily Bread

- Focus** God knows when we need things and He knows how much we need. This daily bread that we need is both physical and spiritual.
- Open** If you could choose one food that God could provide for you every day for 40 years, what would it be?
- Talk**
1. Describe a time in your life when what you *needed* became more beneficial to you than what you *wanted*.
 2. Last week, you discussed what things you seem to worry about the most. This week, list the physical and spiritual effects of worrying.
 3. Read Matthew 6:25–27. When we look at nature, it paints a picture of God's faithfulness to provide daily. How does knowing your value to God reflect in your confidence for Him to provide?
 4. Read Matthew 6:28–30. Faith is foundational to our journey in the Lord. When we worry, Jesus says that we have little faith. What differences exist between worry and faith?
 5. Read Matthew 6:8 and 6:31–34. Did you know that God already knows what you need before you ask Him? Jesus tells us to first seek after righteousness, then all the things we need will be given to us. What does it mean to seek after righteousness first?
 6. Read Matthew 17:24–27. Jesus practically tests or even dares Peter to trust Him to provide. Peter responds with obedience and is rewarded. Talk about a time when God challenged and stretched your faith for a need in a most unusual way.

7. Read John 6:32–35. Jesus is described as the “bread of life.” Jesus is the source of all our physical and spiritual provision. Can you ever trust God for literal “bread” until you can trust Him for spiritual “bread?” Briefly discuss your response.

Live

1. What areas in your life are you worrying about that are hurting you physically or spiritually? How can you begin to increase your faith to trust in God to provide your every need?
2. Where has your focus been on being worried and not on His righteousness? How can you begin to seek first His righteousness?
3. Where in your life is God challenging your obedience and what will be your response?
4. The next time you have a need, ask the Lord to help you define it as a *need* or a *want*. If it is a need, then really believe God knows when you need it and how much you need.

Pray

Pray the Lord’s Prayer in Matthew 6:9–13. Follow its model by first worshipping the Father with thanksgiving and praise. Pray for the establishment of God’s rule in the situations and lives of all those in the group. Ask God to provide for your physical and spiritual needs when you need them. Repent of any sins and forgive those who have offended you. Pray for the Lord’s covering and protection from temptation and evil. Finish by glorifying His name!