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# WHEN YOU PRAY

Learning to Talk  
with Our Father



# A Heavenly Diet

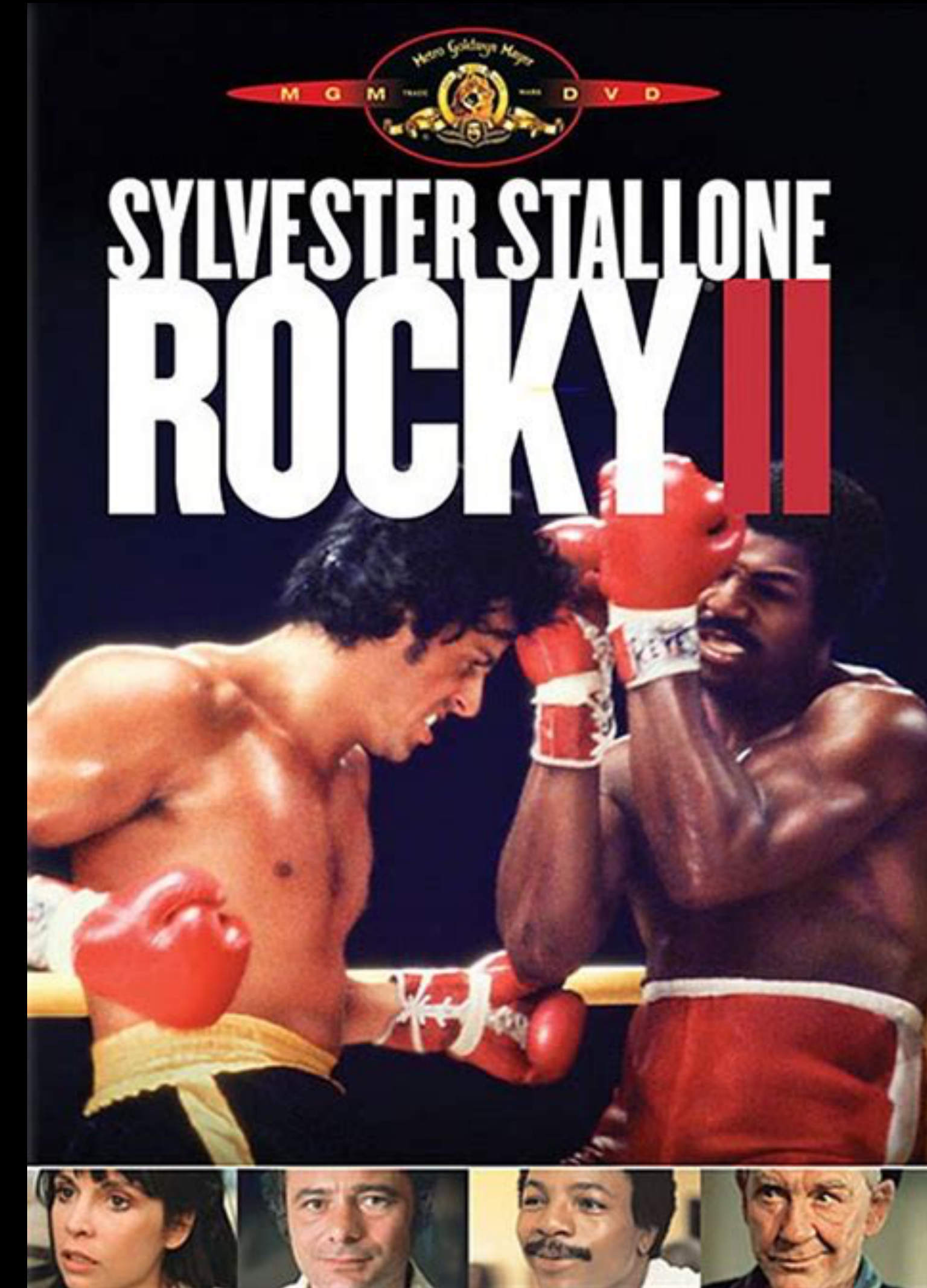
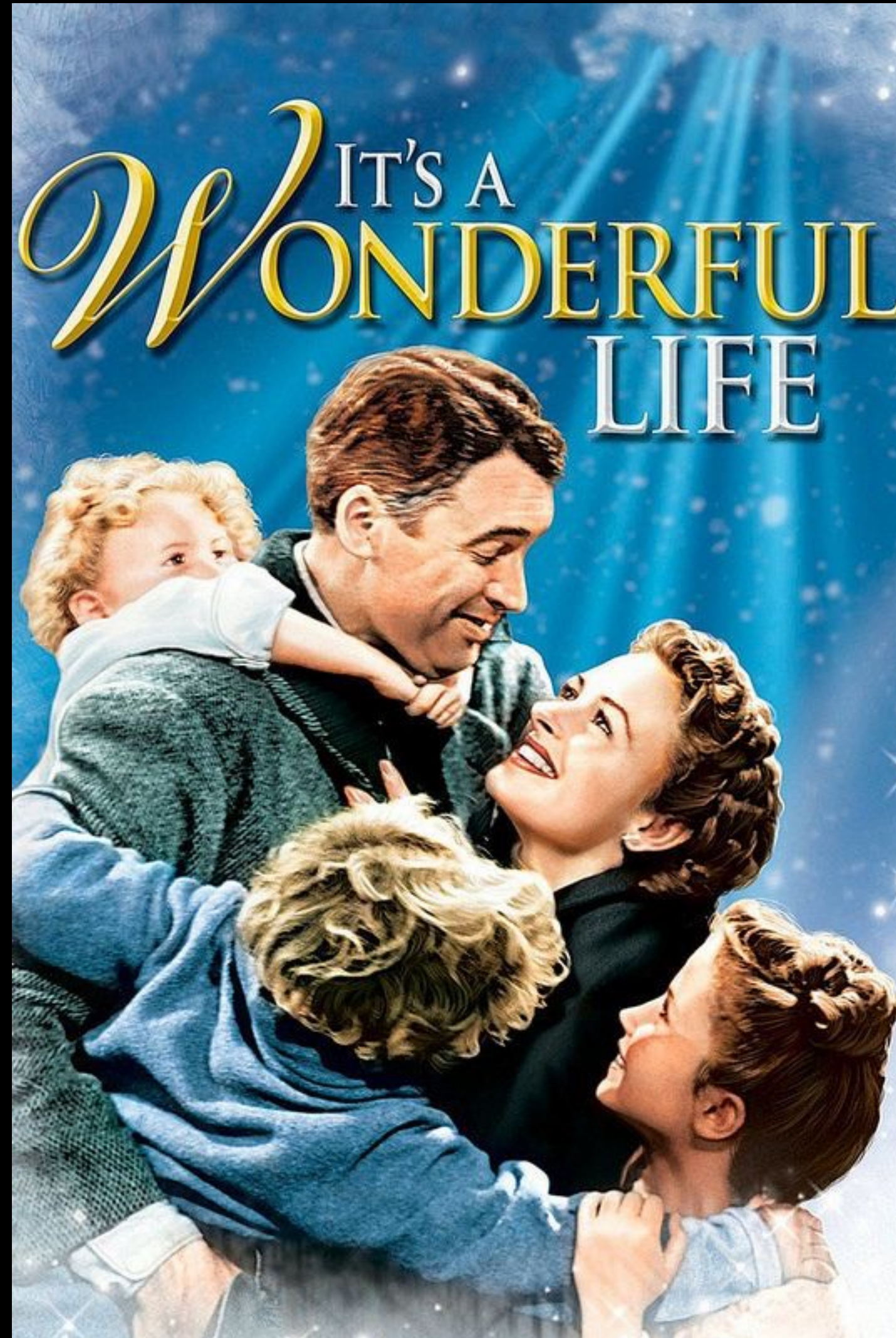
(Learning to trust for today)

Matthew 6:11

## GOSPEL THEME:

**Jesus doesn't just teach us *how* to pray—He invites us into a relationship with the Father through the gospel. The Lord's Prayer reorients our priorities, reminds us of our dependence, and roots us in grace and trust.**

# Prayer in Films





# GRAVITY

# GRAVITY





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# A Heavenly Diet

(Learning to trust for today)

## Matthew 6:11



# A Heavenly Diet

(Learning to trust for today)

Matthew 6:11

**What is prayer?**

***"Prayer is communion with God as our Father, made possible through Christ and empowered by the Spirit."***

# **Matthew 6:5-13**

**9 Pray then like this:**

**Our Father in heaven,  
hallowed be your name.**

**10 Your kingdom come,  
your will be done,  
on earth as it is in heaven.**

**11 Give us this day our daily bread,  
12 and forgive us our debts,  
as we also have forgiven our debtors.**

**13 And lead us not into temptation,  
but deliver us from evil.**

# Matthew 6:5-13

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# A Heavenly Diet

(Learning to trust for today)

Matthew 6:11

***We all struggle with an earthly appetite  
and God is giving us a prayer recipe for a Heavenly Diet.***



# A Heavenly Diet

(Learning to trust for today)

Matthew 6:11

**I. Give us**

**II. this day**

**III. our daily bread.**



# A Heavenly Diet

(Learning to trust for today)

Matthew 6:11

## **BIG IDEA:**

**God's faithfulness today  
is enough for today.**



# A Heavenly Diet

(Learning to trust for today)

Matthew 6:11

## I. Give us — Remembering Who Provides

**To assume you will get, you must first assume there is a giver**



# A Heavenly Diet

(Learning to trust for today)

## Matthew 6:11

### I. Give us — Remembering Who Provides

To assume you will get, you must first assume there is a giver.

- **Who** is the One we address — who gives?
- **Why** do we ask him — what grounds our asking?



# A Heavenly Diet

## I. Give us — Remembering Who Provides

*“I am the master of my fate,  
I am the captain of my soul.”*

William Ernest Henley, Invictus 1875



# A Heavenly Diet

(Learning to trust for today)

Matthew 6:11

## I. Give us — Remembering Who Provides

- **Who** is the One we address — who gives?
- **Why** do we ask him — we are utterly dependent.

*“Relying on God has to begin all over again every day as if nothing had yet been done.” Or, “You may forget that you are at every moment totally dependent on God.”*

C.S. Lewis, Letters to Malcom



# A Heavenly Diet

## I. Give us — Remembering Who Provides

### Application:

**Where are you living as if you must provide for yourself—emotionally, financially, spiritually?**

**What might it look like to turn that responsibility into a request?**



# A Heavenly Diet

## I. Give us — Remembering Who Provides

### Application:

Where are you living as if you must provide for yourself—emotionally, financially, spiritually?

What might it look like to turn that responsibility into a request?

### What to do?

Relearn daily dependence. Begin each day **not** with “What must I achieve?” but with “Father, what will You provide?”

Prayer becomes an act of humility — an acknowledgment that *I am not self-sufficient.*



# A Heavenly Diet

(Learning to trust for today)

Matthew 6:11

## **BIG IDEA:**

**God's faithfulness today  
is enough for today.**



# A Heavenly Diet

## II. This day — Trusting God one day at a time.

*“Give us this day our daily bread.”*



# A Heavenly Diet

## II. This day — Trusting God one day at a time.

*“Give us this day our daily bread.”*

*“Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”*

**Matt. 6:34**



# A Heavenly Diet

## II. This day — Trusting God one day at a time.

### *A Diet of Dependence*

*“I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day.”*

**Exodus 16:4**



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# A Heavenly Diet

**II. This day — Trusting God one day at a time.**

**Craving Clarity**



# A Heavenly Diet

## II. This day — Trusting God one day at a time.

### Craving Clarity

*“Craving clarity we attempt to eliminate the risk of trusting God.”*

**Brennan Manning**



# A Heavenly Diet

**II. This day — Trusting God one day at a time.**

**Craving Clarity**

***“He that lives upon himself, lives upon a diminishing stock.”***

**Willam Gurnall**



# A Heavenly Diet

## II. This day — Trusting God one day at a time.

How's your heavenly diet?

*“Fear of the unknown path stretching ahead of us destroys the childlike trust in the Father’s active goodness and unrestricted love.”*

**Brennan Manning**



# A Heavenly Diet

**II. This day — Trusting God one day at a time.**

**God's faithfulness today is enough for today.**



# A Heavenly Diet

## II. This day — Trusting God one day at a time.

### Application:

**What would it look like for you to trust God just for today?  
To stop rehearsing tomorrow's problems and rest in His  
care for *this day*?**



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# A Heavenly Diet

## III. Our daily bread — Just What We Need



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# A Heavenly Diet

**III. Our daily bread — Just What We Need**

**A Recipe for a Heavenly Diet.**

# A Heavenly Diet

## III. Our daily bread — Just What We Need

### A Recipe for a Heavenly Diet.

**Practically:** Begin and end each day in prayerful gratitude — naming the specific “bread” you need: patience, peace, wisdom.

**Spiritually:** Rely on the means of grace — Scripture, prayer, fellowship — where dependence is practiced, not just preached.

**Theologically:** Rest in union with Christ. John 15:5 — “Apart from Me you can do nothing.” He is the Vine; we are the branches.

**Emotionally:** When anxiety rises, turn control into communion — say, “Father, give me today what You know I need today.”



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# A Heavenly Diet

## *Retete* *“Americane”*



*de la*

*Martha Millhouse*  
*cu Stela Bălan*

*Ediție 2010*

# A Heavenly Diet

(Learning to trust for today)

## RECIPE: HEAVENLY DIET

**Ingredients:** 1 **humble heart**—empty of self reliance

**2 scoops** of daily dependence (fresh every morning, like manna)

**A generous portion** of trust in God's provision

**A pinch of contentment** — “enough for today”

**A dash of gratitude** for the Giver, not just the gift

**Directions:** **Begin with surrender.** Kneel before the Father and pray: “Your kingdom come, your will be done.” **Gather only today's**

**manna. Chew Slowly** Read Scripture as soul food—savor, don't rush.

**Avoid Worldly Fillers** Turn from Egypt's cravings—comfort, control

**Taste and See** Feed on obedience and gratitude until Christ satisfies.



# A Heavenly Diet

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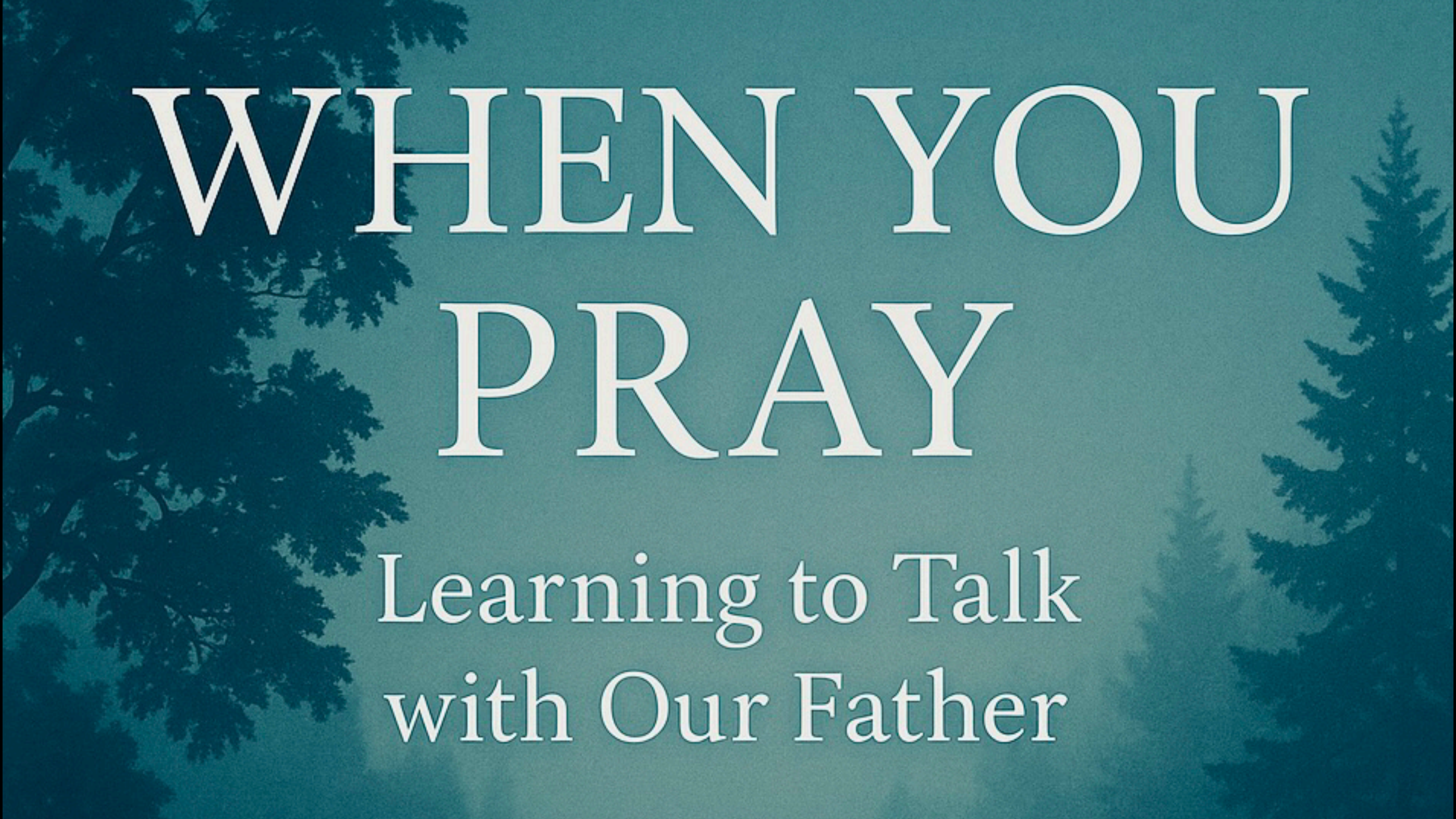
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