

Give Us This Day...

Providing for the Body

Jesus had just preached one of the most powerful messages ever spoken in His sermon on the mount. The crowds were still around and His disciples were witnessing amazing, unbelievable power when Jesus prayed. So, they asked Him to teach them to pray like Him. He said when you pray, “pray like this.” What followed is a model not only for our pray life, but for life in general.

We often live like everything depends on our hustle, but Jesus teaches us to pray for daily bread. This series explores how God sustains our bodies, guards our minds, and feeds our souls twenty-four hours at a time.

This week we see that God God cares about the physical body—He created it, redeemed it, and will raise it. Today, we tackle the physical struggles (bills, pain, hunger) and discover that God is attentive to the material realities of our lives.

The Frame

13 As a father shows compassion to his children, so the Lord shows compassion to those who fear him. 14 For he knows our frame; he remembers that we are dust. Psalm 103:13-14

God does not look down on our physical limitations. He created us with needs so we would look to Him.

The Raven

4 You shall drink from the brook, and I have commanded the ravens to feed you there.” 5 So he went and did according to the word of the Lord. He went and lived by the brook Cherith that is east of the Jordan. 6 And the ravens brought him bread and meat in the morning, and bread and meat in the evening, and he drank from the brook. 1 Kings 17:4-6

God can use the most unlikely and unnatural instruments/events to ensure His people have what they need to survive.

The Table

3 Give us each day our daily bread, Luke 11:3

Every meal is an answered prayer whether we recognize it or not. Saying grace isn't a legalistic ritual. it's an acknowledgment of our cosmic dependence and gratitude.

God has provided for me today. I will hand tomorrow back to Him until the sun comes up.

The Second Mile: *Going Beyond Sunday*

Let's dig deeper together to see how God is calling and equipping each of us to reach the lost.

Monday – Our bodies are temples of the Holy Spirit. What is one practical way you can honor your physical "frame" today through proper rest, nutrition, or pacing?

Tuesday – When you pray "Give us this day our daily bread," what is the most pressing physical or financial need you are presenting to the Father today?

Wednesday – Can you think of a time God used an unlikely person or an unexpected situation (a "raven") to provide exactly what you physically needed?

Thursday – How does knowing that God deeply cares about your physical body and daily bills change the way you approach Him in prayer?

Friday – Take a moment before your next meal to pause and truly reflect: How is this food a direct sign of God's active faithfulness to you today?