



Honest to God

A Master Class in the Lord's Prayer

Session 7 – Our Daily Bread

The 2017 World Happiness Report is out and it's official—Norway is the happiest country on earth, in spite of declining income and freezing weather. Ratings are based on a Gallup poll that uses six variables to measure happiness: income, healthy life expectancy, someone to count on in times of trouble, generosity, freedom, and trust (a perceived absence of corruption in business and government). People were asked to rate their life from “worst possible” to “best possible” on a scale of 0 to 10. Norway credits “high levels of trust and generosity” for its top rank. In spite of improved income and life expectancy, the U.S. dropped to No. 14 down from last year. Why so sad? The report concludes that Americans are looking for happiness “in all the wrong places.”

Goals for this Session:

- Discover true happiness in trusting God for our daily needs.
- Consider how prayer and God's Word align our hearts back to God's desires.
- Examine why a “do nothing” attitude can actually be a good thing.
- Pray honest prayers that lead to dependence and authentic contentment in life.

Ice Breaker

What has been in your “top five” list of prayer requests lately?

Day One – The Big Idea

Read **Matthew 6:11, Philippians 4:11–13, 19** and **Luke 11:5–13** to get the overall idea. Follow the text closely but without getting bogged down in details.

1. What is the central topic? State the main point of this passage in a sentence or two.
2. What insight does this give you into God's ways and our relationship to Him?
3. The Bible shapes our core beliefs about God and our conduct toward others. Share one takeaway lesson from this passage and how you can apply it to your life.

Day Two – Are We Content to Depend on Him?

Read **Matthew 6:11** and **Philippians 4:11–13, 19**.

As Jesus taught us to pray for *our daily bread*, He gives us the right perspective. We are reminding ourselves to depend on God for our material needs and be content with all that He provides.

1. Asking for *daily bread* would remind the people of their ancestors who lived on the manna that God provided every morning. They were to gather only what they needed for the day and use all they collected. When they tried to save it, the manna turned rancid (Exodus 16).

“We’re tired of the same old nourishing, miraculous bread.”

Consider how the people responded to God’s provision. At first, they were fascinated with it and tried to hoard it. Then they took it for granted. Soon they were dissatisfied with it and began to complain. Before long, they scorned what God gave them and craved food from Egypt.

Put yourself in Israel’s shoes (which, by the way, did not wear out during their forty-year timeout for poor choices). God met their needs but they struggled with wanting something more, or other. What would you do in a similar position? What can we learn from Israel?

2. When it comes to material things, our *wants* and *needs* often change. We can, and should, make the most of what we’ve been entrusted with. The satisfaction that comes from stuff has a pretty short shelf life—but there’s no expiration date on our relationship with God, and that’s where contentment is stored.
 - a. Writing to the Philippians (from prison) Paul said, “I have *learned* to be content ...” It did not come naturally and it was more than a feeling that comes and goes. From past experience, what could Paul confidently say about God?
 - b. Maybe you relate to Paul’s experience in some way. Paul didn’t say he was content *with* his circumstances. Life was abruptly altered by events beyond his control and the future was unclear. Do you find yourself pressed into God, taking it one day at a time? Briefly share how God is sustaining and teaching you.

“What is it?”

Manna was like coriander seed, similar in size to a small peppercorn. It had to be gathered before the day got warm or it dissolved. A day’s portion was about two quarts, per person. It was ground into flour and baked, or it was boiled. It tasted like a honey wafer. It was Israel’s staple food for 40 years until the next generation entered the Promised Land. It ceased as suddenly as it first came.

3. We should never hesitate to ask God for our material wants and needs. It's not about seeking riches or fearing you'll be poor. It's about seeking God to give us what *He* knows we need in order to live and serve Him well.

God balances our expectations and aligns our hearts back to His desires when we pour all our requests through the purifying filter of His Word. If we are content to depend on *Him* what can we be certain of?

“God will only give you what you would have asked for if you knew everything He knows.”

Timothy Keller

Proverbs 30:8–9

Matthew 6:32–34

Philippians 2:13–14

1 Timothy 6:6–8

Hebrews 13:5–6

Memory Verse

Write the verse and let it be part of your prayers every day. Ask the Holy Spirit to work it into your heart and mind.

“My God shall supply all your need according to His riches in glory by Christ Jesus.”
Philippians 4:19 NKJV

Think it over . . .

Choose which word in this verse to put the emphasis on as you pray it today.

Day Three – Asking God for Our Needs

Read Luke 11:5–13.

Praying for our needs reminds us that we are in generous and capable hands. Do we believe it? God is ready, willing and able to give us this day, and every day, all that we need.

1. If God already knows what we need, why pray? Whatever your request may be, what can you always rely on Him to do for you?

Isaiah 30:18

Jeremiah 33:2–3

John 16:24

Hebrews 4:15–16

Ephesians 3:20–21

2. **God is not your grumpy neighbor** – Luke 11:5–8. Jesus isn't suggesting that God is like a grumpy neighbor who must be badgered into answering prayer. By *contrast*, our Heavenly Father is pleased and ready to answer when we persist in prayer.
 - a. What are some reasons, besides a clear answer from God, that we might give up and quit praying about something?
 - b. Give an example of when you have prayed persistently and God answered. Has it made a difference in the way you approach prayer? In what way?
3. **How much more?** – Luke 11:9–13. Jesus brought His point home by appealing to every father in the crowd. Who would ever think of putting their own child in harm's way or neglect their basic needs? Just as a father takes good care of his kids, God loves to provide all our needs.
 - a. Do you find it easy to trust God to provide for your needs? Why or why not?
 - b. In what ways are you most mindful of your daily dependence on God? In what ways do you tend to be self-reliant?

4. By the way, God also knows what we *don't* need, so let's cross these things off our list. Note what the following scriptures say and how it personally applies to you in this season of life.

No need to worry – Matthew 6:25

No need to fear – Isaiah 41:10

No need to be anxious – Philippians 4:6–7

No need to strive – Matthew 6:19–21

Memory Verse

“My God shall supply all your need according to His riches in glory by Christ Jesus.”
Philippians 4:19 NKJV

Think it over . . .

Now choose a different word in this verse to put the emphasis on as you pray today.

Day Four – Obeying God for Others’ Needs

1 John 3:16–18 (ESV)

“By this we know love, that He laid down His life for us, and we ought to lay down our lives for the brothers. But if anyone has the world’s goods and sees his brother in need, yet closes his heart against him, how does God’s love abide in him? Little children, let us not love in word or talk but in deed and in truth.”

By asking God to give *us* our bread, we identify with the needs of others and especially the poor. How can we pray *give us* and not be *givers* ourselves?

1. Jesus told the story of a man who was richly blessed but had a severe case of “I” trouble (Luke 12:17–21). There was nothing improper with the way he gained wealth or what he possessed. But he failed to see beyond doing what made him happy, with no thought for God or others.

- a. Whether we have much or little, we do well to remember that life does not consist in the abundance of what we possess. God promises to bless us when we give with the right attitude. What should be our motive in giving?

Proverbs 3:9–10

2 Corinthians 9:6–8

- b. God calls us to also be generous with our time, energy, and service. What might that look like?

Matthew 25:34–40

James 2:15–17

2. With all this talk of what we can do for others, it really takes a “do nothing” attitude to please the Lord. According to Philippians 2:3–4, what is it?

3. “Give us our daily bread” means: (Check all that apply.)

- a. Hot biscuits and butter every day. _____
- b. Acknowledges our Heavenly Father is generous and willing to bless us. _____
- c. Expresses our dependence upon God for every part of life. _____
- d. Expresses our commitment to be generous toward others. _____
- e. Add your own thought. _____

Day Five – Honest to God: A Master Class in Prayer

This will be the layout for the last day throughout this series. Just choose some scripture, insight, or the Memory Verse and *pray it*.

A doration ...

C onfession ...

T hanksgiving ...

S upplication ...

Memory Verse

“My God shall supply all your need according to His riches in glory by Christ Jesus.”
Philippians 4:19 NKJV

And When You Pray ...

“Pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.” —Ephesians 6:18 NIV

“Prayer is not just getting God to move. It’s the process through which God moves and changes us. Prayer will not only transform what you pray about; it will transform you.”

Greg Laurie

For you personally, what has been the most important discovery or insight from this study?

How will you put living it into practice in the days ahead?

Prayer Requests
