



#59936

## **OUR DAILY BREAD (Leader's Guide)**

*(Materials needed: copies of Luther's Small Catechism, Bibles and Participants' Worksheets.)*

### **Opening: The Lord's Prayer**

Have you ever walked into a grocery store just as they were taking fresh bread from the oven? The aroma fills the entire store. You cast aside your grocery list and follow your nose straight to the bakery department. You've got to have some of that bread!

### **Daily Bread – Physical Needs**

The Bible speaks about man's need for bread. It makes a clear distinction between our physical needs and our spiritual needs. The Lord's Prayer sums up man's entire list of physical needs with this petition. *Gives us this day our daily bread.* Martin Luther explains the 4<sup>th</sup> petition of the Lord's Prayer in his Small Catechism. *(See 4<sup>th</sup> petition and explanation in catechism.)*

- Who supplies our daily bread? *(God supplies it without our asking.)*
- What does daily bread include? *(Everything we need for our bodily needs, food, drink, clothes, etc.)*
- Why does Jesus teach us to ask for bread for only "this day?" Read 1 Peter 5:7 *(Trust God to supply what we need each day and do not worry.)*

### **Not by Bread Alone**

Jesus is tempted. Read Matthew 4:1-4.

What were you doing 40 days ago? *(check the calendar and give the date.)* Can you imagine not eating for that day until now? Jesus fasted for 40 days and nights! If you have ever fasted for even 24 hours you know the gnawing hunger pains that soon occur. The body is quick to tell us when we are failing to provide it with daily bread. Yet Jesus was able to set aside His physical needs to focus on His spiritual needs.

- Many religions require fasting for spiritual cleansing. What are the benefits of fasting? (*Provides for physical cleansing, focus of God's sustaining power, see that our true need is God and not food.*)
- Why was Jesus fasting? (*The Holy Spirit, for the purpose of spiritual discipline, sacrifice, and a state of humility led Him. God was giving Jesus the opportunity to confront Satan and show Himself as victor.*)
- Satan uses our physical desires to turn our attention away from our spiritual needs. What was his first temptation of Jesus? (*See verse 3. Satan challenged Jesus to prove He was the Son of God by telling Him to turn the stones to bread.*)
- How did Jesus respond? (*See verse 4. Jesus quotes Scripture "...Man does not live on bread alone, but on every word that comes from the mouth of God."*)

Satan wanted Jesus to use His divine nature to serve Himself. He tempts us also to turn away from God and rely on our own strengths. He wants us to focus on ourselves, on our earthly life, on our physical needs, and deny our dependence on Christ. He knows if we do this we will fail to grow spiritually. But God wants us to feed our souls with the nourishment of His truth.

### **Thy Kingdom Come – Spiritual Needs**

The Lord's Prayer addresses our spiritual needs in the second petition, "Thy Kingdom come." In this petition we are asking Christ to rule our hearts. (*See 2<sup>nd</sup> petition and explanation in catechism.*)

- What is meant by "kingdom?" (*Read Romans 14:17 and Luke 17:21b. Christ rules – in our hearts.*)
- How does God's kingdom come? (*The Holy Spirit creates faith in us and allows us by grace to live a godly life on earth and throughout eternity.*)
- Why do we continue to pray for God's kingdom to come when Christ already rules in our hearts? (*Read 2 Peter 3:17, 18. We wish to continue to grow in grace and not fall away from our faith.*)

### **Physical Needs vs. Spiritual Needs**

In John, chapter six, we read about the feeding of the five thousand. After supplying their physical needs with the loaves and fish, Jesus speaks to the crowd about their spiritual needs. (*Read John 6:25-35*)

- What did Jesus urge the people to do? (*See verse 27. Work for food that endures – spiritual nourishment.*)

- Where could they get this spiritual food? *(See verse 27. The Son of Man will give it to them.)*
- What does God require of His children? *(See verse 29. Not works, but belief in Christ.)*

### **God Provides The Bread of Life**

*(Read John 6:35)*

- How do we partake of this Bread of Life? *(Simply by believing in Christ.)*
- What does God want us to desire in life? *(Spiritual growth from the true Bread of Life.)*
- How does your church help you grow in faith? *(By providing for partaking in the Lord's Supper, devotions, Bible study, service opportunities and fellowship with other believers, LWML, etc.)*

### **Sharing Our Bread with Others**

When we pray, "Thy Kingdom come," we are praying that the Holy Spirit will come into the hearts of others. Luther calls this a prayer for missions. Our desire for spiritual growth naturally leads us to reach out to others with God's Word. Lutheran Women in Mission join together to reach out to the world and share the truth about the Bread of Life.

Jesus invites us to open the Bible and feed on His Word in order to nourish our souls daily. It is great to know that on this spiritual diet we can have all the Bread we want.

**Close by praying the Lord's Prayer again.**

## **OUR DAILY BREAD** **(Participant's Worksheet)**

**Daily Bread – Physical Needs** (See Luther's Small Catechism, Lord's Prayer, 4<sup>th</sup> petition)

- Who supplies our daily bread?
- What does daily bread include?
- Why does Jesus teach us to ask for bread for only "this day?" Read 1 Peter 5:7

**Not by Bread Alone** Read Matthew 4:1-4.

- Many religions require fasting for spiritual cleansing. What are the benefits of fasting?
- Why was Jesus fasting?
- Satan uses our physical desires to turn our attention away from our spiritual needs. What was his first temptation of Jesus?
- How did Jesus respond?

**Thy Kingdom Come – Spiritual Needs**

- What is meant by "kingdom?" Read Romans 14:17 and Luke 17:21b.
- How does God's kingdom come?
- Why do we continue to pray for God's kingdom to come when Christ already rules in our hearts? Read 2 Peter 3:17, 18.

**Physical Needs vs. Spiritual Needs** Read John 6:25-35

- What did Jesus urge the people to do?
- Where could they get this spiritual food?
- What does God require of His children?

**God Provides The Bread of Life**

- How do we partake of this Bread of Life?
- What does God want us to desire in life?
- How does your church help you grow in faith?