



A Guide for Spiritual Formation

Series Theme:	Lord, Teach Us to Pray
Text for the Week:	Matthew 6:11
Message for the Week:	Give Us Our Bread
Theme for the Week:	Depending on God for our basic needs

Week 6

Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week? Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

What keeps you awake at night?

Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

Read:

Read / Have two people in your group read [Matthew 6:11](#) out loud.

[Clicking this link will bring you to multiple translations.]

As you read and/or listen to the text being read, circle, take note of, highlight, or underline what words, phrases, or ideas grabbed your attention and heart in these verses?

Write them down below and/or share them with those who are with you.

Respond / Reflect:

Has there ever been in time in your life (or someone you know) when your basic needs were not being met or when you did not know where your next meal would come from?

How many ways are you dependent upon God? Other people? List and talk about as many as you can.

How are you providing bread for your neighbor?

How do we appropriately pray this part of the prayer Jesus taught us to pray living in a culture of excess?

Imagine what can happen in a person's life and the impact on God's kingdom when a person's basic needs are taken care of. What impact could they have / would they be able to make?

How do we / can we in our affluent culture acknowledge / display our dependence upon God?

"Try It!"

This week, we invite and encourage everyone to contribute something to Hand2Hand, Impact Burundi, or the Benevolence Fund to help people who are food/water insecure. Encourage everyone in your household to contribute.

Prayer:

Spend time in prayer with/for the other people who are with you.

Pray this prayer together:

"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 today 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 the evil one."

Matthew 6:9-13 NIV

Missional/Spiritual Practice for the Month: Mission Prayer

During the month of January, pray this [Mission Prayer](#) each day, multiple times throughout your day:

*God, where will your Spirit lead today?
Help me be fully awake and ready to respond.
Grant me courage to risk something new and
become a blessing of your love and peace. Amen.*

Matthew 6:11 New International Version

⁹ “This, then, is how you should pray:

“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 today our daily bread.

Matthew 6:11 The Message

With a God like this loving you, you can pray very simply. Like this:

Our Father in heaven,
Reveal who you are.
Set the world right;
Do what's best—
as above, so below.

Keep us alive with three square meals.