

# Prayer Works Workshop: Daily Bread

(from *The Small Catechism*, Dr. Martin Luther, part three, p. 10)

“God gives us daily bread, even without our prayer, to all people, though sinful, but we ask in this prayer that He will help us to realize this and receive our daily bread with thanks. Daily bread includes everything needed for this life, such as food and clothing, home and property, work and income, a devoted family, an orderly community, good government, favorable weather, peace and health, a good name, and true friends and neighbors.”

## **Article:**

*A posture of asking keeps us humble and dependent. It is a sure-fire way to help us remember that we are the clay; we are the ones that need the hands of the potter to lovingly shape us and apply water to our souls to keep us malleable. What then are we to ask for? **Consider these “daily bread” areas of your life:***

**Friends who need God:** Remember your friends who need a relationship with God. As you pray for them by name on a regular basis pray that the truths of the Lord’s Prayer would become real to them. Pray that they will discover that they have a Heavenly Father to whom they can take their needs.

**Wisdom:** We need wisdom as we navigate through our day. There may be a major decision that you are faced with or a spur of the moment circumstance that comes out of nowhere.

**Courage:** It takes boldness to reach out in a broken world. Sometimes it is not convenient or you may be apprehensive. Join hands with the Apostle Paul who asked others to pray that he would have the courage to be a witness for Christ in his spheres of influence. A part of your daily bread might be your need for courage with your friends and contacts that need God.

**Love:** No greater love has a man than to lay down his life for his friends. Today, your need might be for a greater demonstration of love toward another. Or perhaps you do not feel very loved right now. Tell your heavenly Father exactly how you feel and ask Him to meet your longing.

**Strength:** Sickness and injury is a part of the human experience. Stress and the pressures of life can take a toll on any one of us. There are times when we need a fresh sense of God’s resurrection power pulsating through our veins.

**Resources:** Is it a bill? A debt? A job? Where are you feeling the pressure financially right now? Go to God with that need and ask Him to provide you with what you need to make it through “this day.”

**Relationships:** God wants us to go to Him with the significant issues that have surfaced in your key relationships. Is there a broken or fractured relationship that needs mending? Are you hiding anger or bitterness over something in your relational world? Take those needs to the Lord in prayer.

(over)

## Application Activity 1:

Instructions: Your assignment is to write out a “Daily Bread” prayer to God. Use the categories that were mentioned in the article to frame your writing. You are simply asking God to provide “daily bread” for yourself and others by using those categories. Use this as a time to be real and honest with God. This is not something you will share. This is between you and God.

### Friends who need God:

Wisdom:

Courage:

Love:

Strength:

Resources:

Relationships:

## Application Activity 2:

*Father, I want to ask for wisdom about...*

*Father, I want to ask that you would bring complete healing for...*

*Father, I ask that you give me courage to...*

*Father, in this relationship, help me to...*

**Homework Assignment:** This week, make it your goal to have two prayer times that focus on “daily bread” requests. If you are more comfortable writing your prayers, then use the “Daily Bread” prayer exercise as your template for your time with God. Also, feel free to incorporate other aspects of the Lord’s Prayer that you have learned about in this series.