

Our Daily Bread by Sandra Brese Rice,

Give us today our daily bread. –Matthew 6:11 NIV

When Jesus' disciples, or followers, were with Him, they asked Him how to pray. They asked what words they should use when talking to God. Jesus gave them the Lord's Prayer as an example of what we should say in our prayers. It doesn't mean we have to always say that exact prayer, but the Lord's Prayer shows us what we could talk about when saying our own personal prayers. Our Bible verse for today is part of that prayer. **(Reread the Bible verse.)**

- [Have you ever made a loaf of bread from scratch without using a mix or other shortcut?](#)

You need to use all the ingredients listed in the recipe. If you don't, the bread doesn't bake right, or it might taste funny. Yeast is an ingredient you need to put in your bread to make it work right. Yeast is a white powdery ingredient that doesn't look like it is that important, but it is!

- [Do you know what we use yeast for?](#)

Yeast makes the bread rise. If you didn't put the yeast in the bread, it would be very flat.

Yeast is the only ingredient that is alive. If you were in a science classroom, you could use a tool called a microscope to show you the tiny yeast are not dead, but alive.

Yeast reminds us a little of Jesus. If we don't have Jesus in our lives, we are flat and we aren't what God wants us to be. When Jesus, who is not dead but alive, is in our hearts, we can grow into something wonderful. We can be who God wants us to be.

- [What are some things you need to stay alive?](#)
- [Are there any people you need to help you out during the day or night?](#)
- [We need forgiveness. Who is the only One you can **pray** to for forgiveness?](#)

Asking God to give us our daily bread is not only asking Him for food on the table. It is also asking God to help us with all our needs. God helps us with our physical needs like clothing, and our spiritual needs like knowing Jesus. Yes, we need Jesus in our hearts to help us with each day. He died on the cross to save us from our sins. Jesus is not dead; He is alive! Jesus helps us as we live. Jesus is the reason we are forgiven.

Prayer

Dear God,

Thank You for sending Your Son Jesus into the world to die for us.
Help us remember You are the One True God and You are holy.

Help us turn to You when we are in need.

Thank You for food, clothes, a place to live, and people who support us.

Thank You for Jesus!

In His name we pray. Amen.

