

Bible Study Give us today our daily bread Matthew 6:11

In a transport strike about 20 years ago, I watched people in a supermarket loading up their trolleys with as much white sliced as they could carry away.

What difference would it make to you if bread was no longer available?

Read Matthew 6:25-34

What do you think Jesus means by "our daily bread"?

Does he only mean bread?

Read Exodus 16

What did the Israelites have to do when the manna arrived on the ground in the desert?

(Even in the desert the Israelites had to work to gather up the manna that appeared on the ground)

How often were they given manna? How often did they have to collect it?

What do you think the Israelites learnt by gathering manna every day for forty years?

What does that say to us about their dependence on God?

What does it say about our dependence on God?

Why should we pray for bread daily?

Read Proverbs 30:7-9. Why do we need to look to God for our every day needs?

What else might bread represent?

Deuteronomy 8:3; Matthew 4:4

(We need spiritual nourishment as well as physical nourishment)

1 Corinthians 10:16

(Christian fellowship - the church)

John 6: 35; Matthew 26:26-29

(Bread represents Jesus)

(Every time we eat bread we are reminded of the sacrifice Jesus made for us)

Jesus often broke bread and blessed it and gave it to people

Read about one of those occasions in John 6:1-13

Can you think of an example of a time when you have had to rely on God.

If you are able to, share it with your group.

A prayer you might use at the end:

When I'm feeling tired or ill,	Jesus the Bread of Life.
When I know I need a friend,	Jesus the Bread of Life.
When it seems all hope has gone,	Jesus the Bread of Life.
When I ask what life is for,	Jesus the Bread of Life.
When I need to know God's love,	Jesus the Bread of Life

If you would like to and your host/leader is able to facilitate it, you may like to make some bread as part of your group activity. Start by making the bread together then do the Bible Study while the bread is cooking. Then eat it!

Below is a recipe for Soda Bread

The bread recipe

1 lb strong bread flour	3 tsp baking powder
1 tsp salt	2 tbsp oil
1 tbsp cold water	1/2 pt milk

Method

Preheat the oven to 225C, gas mark 8

Sift together flour, salt and baking powder

Add the oil

Mix in the water and the milk.

When the dough has come together knead it gently for 5 minutes.

Form the dough into a flat round about 1 1/2 inches thick. Make a deep cross cut in the top.

Place on a greased baking tray and cook for approximately 20-30 minutes

Notes

Flour speaks of human labour and God's generosity.

Salt adds flavour and reminds us that we are to be the salt of the earth

Baking powder lifts the loaf – a picture of the life Jesus gives to his disciples

Oil speaks of joy and healing. The oil of gladness adds joy to the loaf. The presence of Jesus heals human sadness

Water refreshes and revives. It speaks of the gift of living water, a spring which never dries, welling up within us to eternal life

Milk is the most basic nourishment. For Israel entering the promised land it was a sign of plenty. For Peter it was a picture of God nourishing his people with his word.

Jesus often shared bread with his disciples