

Weekly Study Guide for October 12, 2025 | Our Daily Bread

What does “Give us today our daily bread” mean? In this lesson, we will attempt to answer this question by examining what is commonly known as the Lord’s Prayer, specifically focusing on verse 11. Let’s see what God’s Word has to say about it!

Matthew 6:9-13

“This, then, is how you should pray: Our Father in heaven, hallowed be Your name, Your kingdom come, Your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from evil for Yours is the kingdom and the power and the glory forever. Amen.”

Proverbs 30:8

Keep falsehood and lies far from me; give me neither poverty nor riches, but give me only my daily bread.

Exodus 16:4

Then the Lord said to Moses, “I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions.”

Deuteronomy 8:3

He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord.

Psalms 78:23-25

Yet he gave a command to the skies above and opened the doors of the heavens; he rained down manna for the people to eat, he gave them the grain of heaven. Human beings ate the bread of angels; he sent them all the food they could eat.

John 6:32-35, 48-51

Jesus said to them, “Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is the bread that comes down from heaven and gives life to

the world.” “Sir,” they said, “always give us this bread.” Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. I am the bread of life. Your ancestors ate the manna in the wilderness, yet they died. But here is the bread that comes down from heaven, which anyone may eat and not die. I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world.”

Job 23:12

I have not departed from the commands of his lips; I have treasured the words of his mouth more than my daily bread.

John 4:34

“My food,” said Jesus, “is to do the will of him who sent me and to finish his work.”

Questions:

1. What does “daily bread” mean in the context of the verses above? How does praying for “daily bread” shape your priorities in prayer? How does this request reflect trust in God’s provision?
2. What was God’s purpose in giving manna daily? How did this test the Israelites’ obedience and trust? How does Deuteronomy 8:3 show that God uses hunger to teach reliance on His word? What spiritual disciplines mirror this daily dependence today?
3. How does Jesus redefine “bread from heaven” in John 6? What does it mean that Jesus is the “bread of life” and “living bread”? How does this deepen your understanding of communion, salvation, and eternal sustenance?
4. Do you have any testimonies of how God has provided daily bread for you? How do you respond when God’s provision doesn’t match your expectations?
5. What does “daily bread” look like in your life right now—physically, emotionally, spiritually? What spiritual “manna” do you need to gather today? Where are you being invited to trust God more deeply for daily provision?

References: [Matthew 6:9-13](#); [Matthew 6:25-34](#); [Proverbs 30:8](#); [Matthew 7:8-10](#); [Exodus 16:4,31,35](#); [Numbers 11:6](#); [Deuteronomy 8:3](#); [Psalm 78:23-25](#); [John 6:26-58](#); [Matthew 4:4](#); [Job 23:12](#); [Psalm 119:11](#); [Psalm 130:5](#); [John 4:34](#); [Proverbs 11:25](#); [Matthew 15:21-27](#)

Summary: Jesus instructs us to pray for both physical and spiritual provision, recognizing God as our provider and the source of all things. “Our Daily bread” reflects our need for tangible nourishment, but more importantly the abiding presence of Christ, who is the true bread of life. Though we live in the world, our focus is not on material needs but on seeking God’s Kingdom and righteousness, trusting He will provide for us. Prayer is our invitation to ask, to thank, and to align our hearts with the One who feeds both body and soul, and, ultimately, an opportunity to remember the sacrifice of Jesus, who is the bread that came down from heaven to give life to the world. Through Christ have salvation, freedom from sin, healing, comfort, mercy, grace, forgiveness, peace, and wholeness. It's all in the bread!

Personal Reflection:

1. Do you trust God for your daily provision? Are you anxious about the basic necessities of life? Do you seek first His Kingdom and His righteousness? Is your life only concerned with the physical things?
2. Is Jesus your daily portion? Is He your daily bread? What do you have need of today? Salvation, freedom from sin, healing, comfort, mercy, grace, forgiveness, peace, and wholeness. It's all in the bread!
3. Are you spending time daily in His Word? Are you treasuring and hiding up the words of His mouth?
4. What satisfies you? Does doing God’s will fill you up on the inside? Are you ministry minded? Do you miss out on opportunities to serve because you’re preoccupied with worldly concerns?
5. What difference does this lesson make to your life? Are there any other takeaways or insights that stand out to you from this passage?