

## PRAY EVERY DAY January 22, 2023 Resource

*Praying the Psalms: Psalm 27:1 (NRSV)*

The LORD is my light and my salvation;  
whom shall I fear?

The LORD is the stronghold of my life:  
of whom shall I be afraid?

*The Bible in a Year with KUMC*

This plan is available at KUMC and on the church website. This plan can be started at any time.

*Small Group or personal study*

- What was your furthest moment from God this week?
- What was your closest moment to God this week?
- Read Matthew 6:7-13
- One section of The Lord's Prayer is, "Give us this day our daily bread." When we ask God for bread, it is a recognition how the things we need are a gift from God. Matthew 6:8 affirms God knows what we need even before we ask. Christians may boldly bring our needs before God knowing (1) God knows them and (2) God gives good gifts. What are your needs that you need to bring to God today?
  - The word "our" appears in this part as in the beginning, "Our Father," but this time refers to "our daily bread." Notice we don't pray for just "my bread." Mother Teresa said we sometimes draw the circle too small for who we include as "us" or those whom God loves. Praying for "our daily bread" invites us to enlarge the circle for whom we would seek to have and share bread. Whenever we pray "our" or "us" in The Lord's Prayer we may imagine drawing a bigger circle around all those God loves and would give daily needs.
  - "Daily" is another word to consider with "our daily bread." Notice we don't pray for enough bread for the rest of the year or our lives. Jesus directs us to ask for daily bread. Exodus 16 has the story of the manna God provided for the Hebrews in the wilderness. Read through and consider how God provided enough for each day and then for two days when the Sabbath was near. When we pray for daily bread we might think of asking for "enough" and even "not too much." Praying for enough for today, not too much, and having a willingness to share with those who don't have enough may form us as Christians indeed with trust in God and care for those whose needs have not been met.

*A Prayer of Walter Raushenbusch*

Our Father, we thank thee for the food of our body, and for the human love which is the food of our hearts. Bless our family circle, and make this meal a sacrament of love to all who are gathered at this table. But bless thou too that great family of humanity of which we are but a little part. Give to all thy children their daily bread, and let our family not enjoy its comforts in selfish isolation.

*Spend time in silence*

*Prayer for others and yourself*

*The Lord's Prayer*

Our Father, who art in heaven, hallowed be thy name.

Thy kingdom come, thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation, but deliver us from evil.  
For thine is the kingdom, and the power, and the glory, forever. Amen.

*Share the Love of Jesus because It's All about Relationships*

How will you or how did you share the love of Jesus with neighbor today with no strings attached?

*Praying the Psalms: Psalm 27:13-14 (NRSV)*

I believe that I shall see the goodness of the LORD  
in the land of the living.

Wait for the LORD;  
be strong, and let your heart take courage;  
wait for the LORD!