

Sermon Big Idea	Helpful Resources
Jesus teaches us to pray "give us today our daily bread" because learning daily dependence on God is the only cure for self-sufficiency.	 The Bible Project Guide: The Lord's Prayer

Read the Text
In your group, read the passage out loud, with each person reading a verse.

Head: Grasping the Text
<i>Goal: To grasp the theological concepts and historical context of the text.</i>

1. In Exodus 16, God tests Israel by providing manna one day at a time. What does God say the purpose of the test is (v. 4), and what does hoarding the manna reveal about Israel's heart? Why does Moses describe their grumbling as ultimately directed at God rather than at him and Aaron?
2. Psalm 78 was written roughly 400 years after the wilderness wandering. What point is Asaph making by retelling the manna story to a new generation? According to verse 22, what does the psalmist identify as the root sin beneath Israel's grumbling and craving — and how does that reframe what self-sufficiency actually is?
3. In John 6:28–35, the crowd asks Jesus "what must we do?" and Jesus reframes the question entirely. What does Jesus say "the work of God" actually is, and how does his declaration "I am the bread of life" connect him to the manna story in Exodus 16? What is the difference between what the crowd was seeking and what Jesus was offering?

Heart: Grasping the Internal Transformation
Goal: Examine how the text reshapes our identity, affections, and motivations to bring about honest self-examination.

4. The Israelites forgot God's miraculous provision at the Red Sea within three days when they faced thirst and hunger. When you face unmet needs or uncertainty, how quickly does your confidence in God's past faithfulness fade? What does that reveal about what you are actually trusting?
5. Psalm 78:22 says Israel's core failure was that they "did not believe in God or trust in his deliverance" — the sermon described this as a belief problem, not a discipline problem. Where in your life does self-sufficiency feel safer or more reliable than trusting God? What does that tell you about how you actually see God's character?
6. In John 6:34, the crowd asks Jesus for bread so they will "never have to depend again." We often want God to solve our self-sufficiency by making us permanently self-sufficient — a big enough blessing, a stable enough situation, enough savings to stop needing to trust daily. Where do you see that impulse in yourself? Are you coming to Jesus for what he gives, or for Jesus himself?

Hands: Grasping Your Next Step

Goal: To move from hearing the Word to living it out as a disciple with specific, practical, and achievable steps for the coming week.

7. God's provision of manna was deliberately daily — it couldn't be stored, stockpiled, or secured in advance. This week, identify one area of your life where you are trying to "store up manna" — managing anxiety through control, accumulating security apart from God. What would it look like to hold that area with open hands for the next seven days?
8. The sermon pointed out that self-sufficiency always misattributes provision — crediting our own planning, competence, or savings rather than God as the actual source. Take five minutes this week to write down three to five specific provisions in your life right now. Practice returning those to God in prayer, naming him as the source rather than your own effort.
9. Jesus invites us not just to receive bread but to come to him — the Bread of Life — daily. What would it look like practically to build a daily rhythm of dependence into your week? It doesn't need to be complicated: it might be as simple as beginning each morning by praying this petition slowly and honestly — "give us today our daily bread" — before reaching for your phone, your plan, or your own resources.