

# Teach Us to Pray

## worksheet #4

theoverflowing.com

### What you'll need:

- ▶ Something to write with
- ▶ Printout of this worksheet or a notepad or journal
- ▶ A Bible

If you haven't yet, read through my blog post

"Teach Us to Pray: Daily Bread"

at [www.theoverflowing.com/blog/teach-us-to-pray-daily-bread](http://www.theoverflowing.com/blog/teach-us-to-pray-daily-bread)

### Daily Bread:

- ▶ Read Psalm 20:6-8 and 37:3-6
- ▶ When is it easy for you to trust God? When is it hard?
- ▶ What is the "daily bread" you are in need of right now?

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- ▶ Read Matthew 6:25-34
- ▶ What are specific things that get in the way of your trusting God?
- ▶ In what ways do you "worry about tomorrow"? What should you do instead?

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## The Bread of Life:

- ▶ Read Isaiah 55:1-7, Matthew 7:9-11 and John 6:35
- ▶ What are the promises in these verses?
- ▶ How has God been faithful and provided in your own life?

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- ▶ “Give us today our daily bread” is a prayer of trust. Write your own prayer of trust.

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*Praise and thanksgiving.  
In all our ways.  
In all things.  
Always.  
This grows trust.*