

Give Us This Day...

Providing for the Soul

Jesus had just preached one of the most powerful messages ever spoken in His sermon on the mount. The crowds were still around and His disciples were witnessing amazing, unbelievable power when Jesus prayed. So, they asked Him to teach them to pray like Him. He said when you pray, "pray like this." What followed is a model not only for our pray life, but for life in general.

We often live like everything depends on our hustle, but Jesus teaches us to pray for daily bread. This series explores how God sustains our bodies, guards our minds, and feeds our souls twenty-four hours at a time.

The soul cannot survive on physical food (body) or intellectual peace (mind) alone. It requires supernatural, spiritual nourishment which is good for the soul. Today, we will see how Jesus is the true Bread of Life who satisfies our deep spiritual hunger and heals our brokenness daily.

The Fast-Food Soul

2 Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Listen diligently to me, and eat what is good, and delight yourselves in rich food. Isaiah 55:2

We give God our worries through prayer. He gives us His peace as a protection over our minds.

The Bread of Life

35 Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst. John 6:35

Eating one meal ten years ago won't keep you alive today. A conversion experience decades ago must be followed by a daily "coming to" and consuming Christ.

The Result

28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. Matthew 11:28-29

The soul finds its ultimate sustenance not in doing more, but in resting in the finished work of Jesus.

A father's greatest job is not to fill his family's hands with worldly bread, but to point his family's hearts to the Bread of Life.

The Second Mile: *Going Beyond Sunday*

Let's dig deeper together to see how God is calling and equipping each of us to reach the lost.

Monday – If you are honest, what worldly "fast food" (achievement, entertainment, the approval of others) are you most tempted to look to for soul-satisfaction?

Tuesday – Just as you wouldn't try to survive on a meal from last month, are you trying to survive on a past spiritual experience? How can you feed on the Bread of Life today?

Wednesday – Is your soul feeling dry or weary today? Take 5 minutes right now to sit in silence and ask Jesus to refresh you with His living water.

Thursday – Jesus invites us to take His yoke because it is easy and light. What heavy spiritual or emotional religious burdens are you carrying that He never asked you to bear?

Friday – As you prepare for the weekend, what is one spiritual discipline (Bible reading, prayer, worship) that consistently aligns your soul's compass back to True North?