

# Teach Us To Pray: Our Daily Bread

## Bible Story

The pictures below correspond to the story.

Jesus taught his disciples to pray, "Give us this day our daily bread."

Long ago, God rescued his people from slavery in Egypt.

The people complained in the wilderness.

"It was better when we were slaves in Egypt!" they said. "You brought us here to die of starvation!"

God sent bread called manna and quail for the people to eat.

God sent new food every day.

God is trustworthy and cares for his people.

**God's people trust God every day.**

## Bible Basics

The lesson today comes from Exodus 16. Show younger kids how to look up Bible verses. Point out the title page for Exodus and show them how to find the correct chapter and verse. Talk about how the book of Exodus is in the Old Testament, and was written by Moses.

## Questions

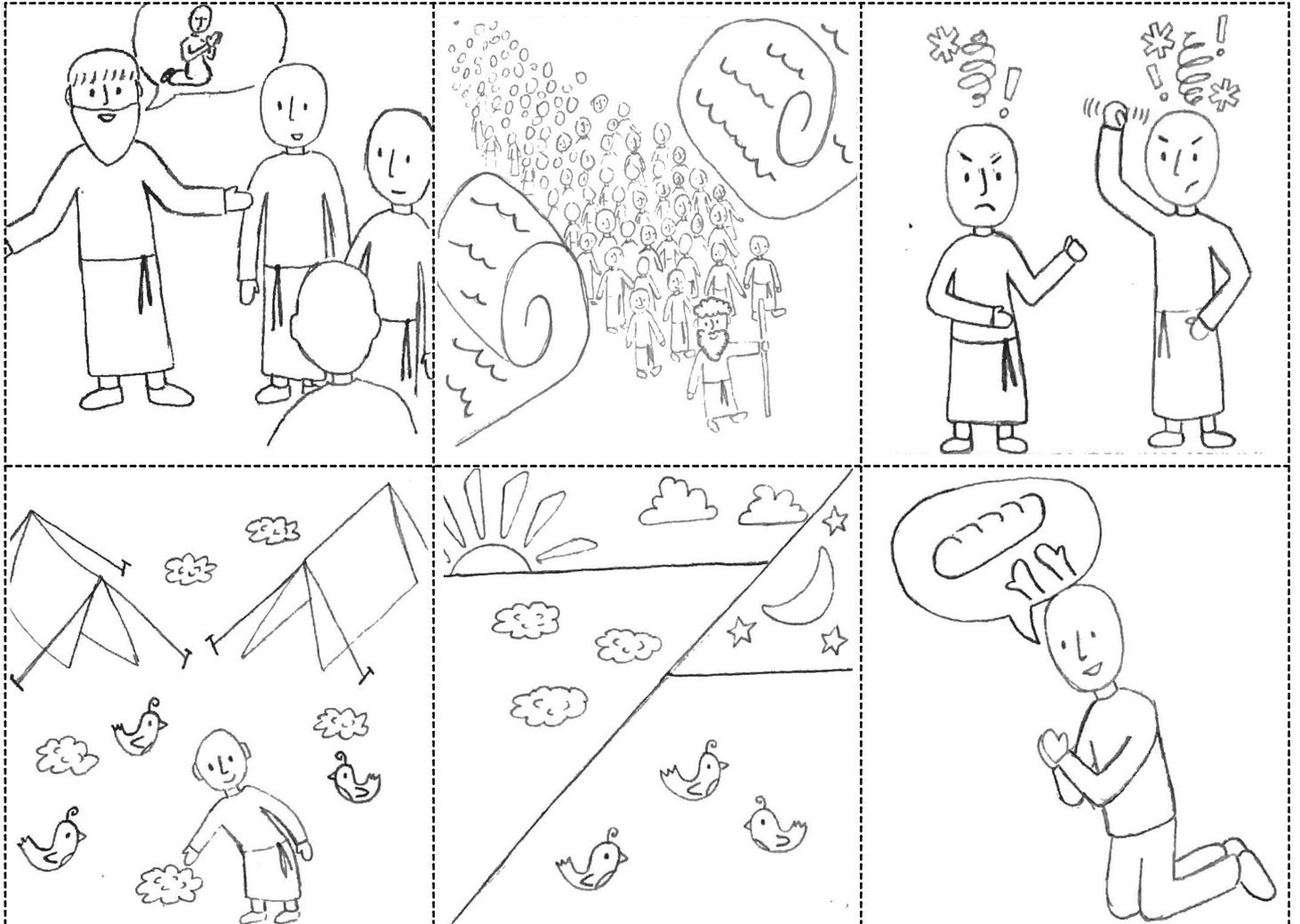
Who taught his disciples to pray?

Who rescued the people from slavery in Egypt?

How often did God send food in the wilderness?

God's people trust who every day?

For Younger Kids



# Teach Us To Pray: Our Daily Bread

## Bible Story

Jesus taught his disciples to pray, "Give us this day our daily bread." God desires for people to know God's care and trust God every day. Here is a story in the Bible about the way God cares for his people.

One thousand five hundred years before Jesus lived, the Israelites were slaves in Egypt. God did many mighty and wonderful things to rescue his people. God promised to give the Israelites their own land and led them through the wilderness.

After one month in the wilderness, the people started to complain. "We wish we had died in Egypt!" they said. "We filled our stomachs with meat and bread when we were slaves. Now you've brought us to the wilderness to die!" The people had seen God's power, but they didn't trust God to take care of them.

God spoke to Moses, the leader of the people. "Tell the people I've heard their complaining," God said. "I will send meat every evening and bread every morning. Then the people will know that I am the Lord."

God sent bread from heaven called manna, and God sent quail so the people had meat to eat. "Only take what you need for today." Moses told the people. "The Lord will give you what you need for tomorrow." Some of the people disobeyed. The next day the extra manna had maggots and smelled terrible. God wanted the people to trust him every day. **God's people trust God every day.**

Jesus taught his disciples to trust God with the things they needed every day. That's what it means to pray, "Give us this day our daily bread." Tomorrow we can ask God again. **God's people trust God every day.**

## Questions

What did Jesus want his disciples to learn about God?

What did God do when the Israelites were slaves in Egypt?

What did the people do after one month in the wilderness?

How did God solve the Israelites' problem?

What does it mean to pray "Give us this day our daily bread?"

## Bible Skills

Find Exodus 16:1-15 and read it together. Some of the words may be different because the Old Testament was written in Hebrew. There are many different translations available. The book of Exodus was written by Moses, probably about 1500 years before Jesus was born. Moses wrote the first five books of the Bible. These together are sometimes called the 'Torah,' or the Law. Moses teaches the people about who God is and records what God has done. These books are called the Law because God gives instructions about how the Israelites are meant to live and serve God.

# To God Who Gives Us Daily Bread

Mary Rumsey, 1962  
Public Domain

To God who gives us dai - ly bread, a thank - ful song we'll raise, and  
6  
pray that he who sends our food will fill our hearts with praise

# Be Present at our Table, Lord

John Cennick, 1741

Be pre-sent at our ta-ble Lord, be here and ev - ery - where a - dored; these  
6  
mer - cies bless and grant that we may feast in fell - ow - ship with thee

*Take time to pray together as a family. Encourage each person to pray and model what it looks like to talk to God in prayer. Here are some verses and ideas that you may find helpful as you pray.*

## Psalm 104:1,14

My whole being, praise the Lord.

Lord my God, you are very great.

You are clothed with glory and majesty.

You make the grass for cattle

and vegetables for the use of man.

You make food grow from the earth.

## Psalm 105:1-2, 40

Give thanks to the Lord and pray to him.

Tell the nations what he has done.

Sing to him. Sing praises to him.

Tell about all the wonderful things he has done.

When [his people] asked, he brought them quail.

He filled them with bread from heaven.

We can say thank you to God for all the ways he has cared for us.

We can ask God to help us grow in trust. We can apologise to God when we do not trust him to provide what we need.

We can pray for people who are hungry, and ask God to remember them with compassion.

Worship

Prayer

# Simple Flatbread

many thanks to the Hendersons for teaching me how to make flatbread

## Materials

For four small, or two large flatbreads

100 g flour

60 mL water

pinch of salt



# Activity

## Instructions



Mix 100g flour, 60g water, and a pinch of salt



Continue mixing with your fingers in the bowl until it is mixed into dough. Add flour if the dough is overly sticky.



Knead the dough on a floured surface



Divide the dough into four sections (for small flatbreads) or two sections (for larger flatbreads)



Roll each dough portion into a ball



Roll out each portion so they are about 2mm thick. Make sure the surface is floured or the dough will stick



Adults, heat a dry pan on medium heat and place the flatbread on the pan. Cook for 2-3 minutes



Adults, flip the flatbread to the other side and cook for 2-3 minutes more



Enjoy your flatbread on its own, with some spread, or fill it up as a wrap! Talk about what it means to trust God for daily bread.