

# Week 3: Give us today our daily bread

Welcome to week three of Come and See. It's great to have you with us again. What are you noticing about where and how God is at work in your household? Perhaps each person in your household has a story about God's goodness. Can you share these stories with each other?

This week we'll explore God's concern for our physical and spiritual needs and consider how we might notice when the things we need get overshadowed or pushed out by what we want.

Be sure to keep trying the contemplative practices, and remember that you don't have to do them all at once. You can try one or two each day throughout the week.

- Starting with Stilling is great way to connect with ourselves and God, which is also great for boosting mental health.
- Whilst you are travelling to or from school or activities why not chat together about the day and try the Noticing practice, where you see God is at work or notice goodness has been experienced.
- Include Dwelling as part of your bedtime routine and do the Mending practice at least once in the week.
- Having received in these four practices, you can give something of God's goodness in words and actions that are a Blessing to others.

As we look at a small section of the Lord's Prayer through the week, remember to pray the whole Prayer once a day if you can.



Did you know the Come and See page on the website includes downloadable sheets for each contemplative practice for you to pin up and use at home and work?

[oxford.anglican.org/come-and-see](https://oxford.anglican.org/come-and-see)

## Stilling and Noticing

We are getting into a routine with the practices. Have you had a chance to give them a go at other times of day, like bedtime?

## Household activity

*Have each member of the household suggest and/or make a dish or course to contribute to a household meal. Prepare and share the meal, even if you end up with some unlikely combinations of food!*

As you eat, talk together about how the menu was chosen. Did each person choose what they most wanted? Did you end up with unusual combinations of food? Did your meal contain foods that your bodies need for health and energy? Was the meal enjoyable? Would you like to eat it again? What is the difference between want and need?



## Stilling

You can extend the Stilling exercise to include the words from Matthew 13:33, as shown below. If keeping things short works better for you, use the words of the Lord Prayer only.

You know the routine now. Sit, lie down, get comfy. Take some deep breaths and continue to breathe deeply. Smile. Close your eyes if it helps.

One person (child or adult) says slowly:

'Give us today (PAUSE) our daily bread' (PAUSE)

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Jesus also said: The kingdom of heaven is like what happens when a woman mixes a little yeast into three big batches of flour. Finally, all the dough rises. (PAUSE)

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Open your eyes, smile, and gently invite the others in your group to do the same. Gently lead into a time of Noticing, below, with a wondering question.

## Leader's notes

When we wondered about this, we noticed there is no 'please' and wondered why. Does it feel OK to ask without a 'please'? Does it just mean bread or even food? We also noticed the 'us' and 'our' and how again this is about community not just an individual (remember the beginning of the prayer 'Our Father').

Asking God to give us something is not wrong but needs an honest evaluation of whether we are asking for something we need or something we want, to help us to recognise our own temptations towards greed.

Be gentle and patient in how you approach this with children. Growing in understanding of who God is and how we relate with him is a process. For younger children life is very black and white - 'I want it, therefore I need it'. Gently enabling them to recognise the difference takes a long time.

## Noticing

*Remember: there are no wrong answers, take turns to lead (especially the children in your group)*

- *"I wonder what you notice about this? Does a word or phrase catch your attention? Do you have a question?"*
- *"How do you feel?"*
- *"Does this part of the prayer remind you of another story, song, poem or prayer?"*

(It doesn't have to be a Bible story or church hymn or song - just notice the connections and sing, say, read or watch it together now or later).

## Dwelling 1: Food in the Desert

After the Israelites left Egypt they were seeking the new place to live that God had promised them. As they journeyed they were learning to trust God in new ways. This meant that for many years they didn't live in one place and as they travelled they had to find food. It became so hard, they began to think that life had been better in Egypt, when they were slaves to the Pharaoh, and they began to wonder about going back.

Moses was the leader of the Israelites. He was horrified at what was being said. We join the story when God has promised Moses provisions for his people. What catches your attention in the story?

### **Exodus 16:4-18**

*The Lord said to Moses, "I will send bread down from heaven like rain. Each day the people can go out and gather only enough for that day. That's how I will see if they obey me. But on the sixth day of each week they must gather and cook twice as much."*

*Moses and Aaron told the people, "This evening you will know that the Lord was the one who rescued you from Egypt. And in the morning you will see his glorious power, because he has heard your complaints against him. Why should you grumble to us? Who are we?"*

*Then Moses continued, "You will know it is the Lord when he gives you meat each evening and more than enough bread each morning. He is really the one you are complaining about, not us—we are nobodies—but the Lord has heard your complaints."*

*Moses turned to Aaron and said, "Bring the people together, because the Lord has heard their complaints."*


*Aaron was speaking to them, when everyone looked out toward the desert and saw the bright glory of the Lord in a cloud. The Lord said to Moses, "I have heard my people complain. Now tell them that each evening they will have meat and each morning they will have more than enough bread. Then they will know that I am the Lord their God."*

*That evening a lot of quails came and landed everywhere in the camp, and the next morning dew covered the ground. After the dew had gone, the desert was covered with thin flakes that looked like frost. The people had never seen anything like this, and they started asking each other, "What is it?"*

*Moses answered, "This is the bread that the Lord has given you to eat. And he orders you to gather about two quarts for each person in your family—that should be more than enough."*

*They did as they were told. Some gathered more and some gathered less, according to their needs, and none was left over.*

If you'd like to Dwell in the whole story continue with Exodus 16: 19-36

 Where was your attention drawn to?

- *I wonder which part you liked best?*
- *I wonder which part feels most important?*
- *What connections do you make between this story and the part of the Lord's Prayer for today 'Give us today our daily bread'?*
- *Does this story add to or help your wonderings? Was anything confusing or distracting?*
- *Were you reminded of any other story, song, psalm or prayer?*
- *Does it remind you of a situation in the world today?*

## Dwelling 2: The big lunch

Jesus did so many surprising and wonderful things. Spend some time dwelling in this story of a big lunch that started as a small lunch, what word or phrase catches your attention?

## Feeding Five Thousand

*Jesus crossed Lake Galilee, which was also known as Lake Tiberias. A large crowd had seen him work miracles to heal the sick, and those people went with him. It was almost time for the Jewish festival of Passover, and Jesus went up on a mountain with his disciples and sat down.*

*When Jesus saw the large crowd coming toward him, he asked Philip, "Where will we get enough food to feed all these people?" He said this to test Philip, since he already knew what he was going to do.*


*Philip answered, "Don't you know that it would take almost a year's wages just to buy only a little bread for each of these people?"*

*Andrew, the brother of Simon Peter, was one of the disciples. He spoke up and said, "There is a boy here who has five small loaves of barley bread and two fish. But what good is that with all these people?"*

*The ground was covered with grass, and Jesus told his disciples to have everyone sit down. About five thousand men were in the crowd. Jesus took the bread in his hands and gave thanks to God. Then he passed the bread to the people, and he did the same with the fish, until everyone had plenty to eat.*

*The people ate all they wanted, and Jesus told his disciples to gather up the leftovers, so that nothing would be wasted.*

### John 6:6-12

 "What did you notice in these verses?"

- "I wonder what feels most important in the story?"
- "I wonder where you are in this story or which part is especially for or about you today?"

## Going deeper

Jesus often said things that seem strange to us. He once described himself as 'the bread of life' and said that 'whoever comes to me won't be hungry. Whoever has faith in me won't be thirsty'

### John 6:35

Later, at the last meal Jesus had his friends, he 'took some bread in his hands. He blessed the bread and broke it. Then he gave it to his disciples and said, "Take this and eat it. This is my body." -

### Matthew 26:26

These words are still spoken every week in churches all over the world as Christians gather to remember and celebrate with thankfulness who Jesus is and what he did on the cross.

The bread reminds us that God doesn't want us to be empty, physically, emotionally or spiritually. God knows that we need food to fuel our bodies, that supportive relationships uphold us emotionally and that love, forgiveness, wonder and play anchor us spiritually.

Any time we eat bread we can remember Jesus, come close to him and know he is with us today.



## Mending

For our Mending prayers you will need some bread for each person. Any bread is good. Take the bread in your hands and say 'Thank You' prayers for the good things you have experienced today or this week.

Break the bread with your hands and remember the not so good things or the times you've put your own wants ahead of the needs of others. Pray 'sorry' prayers if you need to.

Pray 'please' prayers asking God to bless those in need today. Feel free to eat the bread when you have finished praying.

## Blessing

There is something unfair about the distribution of the world's resources. How can we be more thankful for what we have and less concerned about what we don't? If you're stuck for ideas, you could:

- Say or sing a 'Thank You' prayer before your meal.
- If you are able, donate an item to your local foodbank. Supermarkets often have collection points for you to drop things in immediately after your shop.
- Discuss together how your whole household might act to be a blessing this week.



Remember to jot some thoughts, wonderings or questions. Draw some pictures or take a photograph to include in your family scrapbook or journal if you are keeping one.

