



"Prayer – Daily Bread"

Growth Group Questions for Week 3 in a 6-week Series

Preached: March 1, 2026
Scripture: Matthew 6:11
Series: "Prayer" – Week 3 of 6

PART 1 - REFLECTION QUESTIONS

1. Why do you think Jesus uses the word **"us"** instead of "me"? Why does it matter?
2. What do you think "daily bread" would have meant to the people around Jesus 2000 years ago?
3. How does this request fit within the larger narrative of the rest of the Lord's Prayer (Matthew 6:9–13)?
4. What might "daily bread" represent beyond literal food?
5. Why do you think Jesus teaches us to pray for **daily** provision rather than weekly or monthly or yearly provision?
6. If you look back at Exodus 16, how does this verse come alive to the experience of the people of Israel and manna in the wilderness?

7. What does this request reveal to us about our dependence on God or independence from God?

8. What "daily bread" do you most often worry about? Is it difficult for you to depend on God for daily needs? Why or why not?

9. In what areas of your life do you tend to seek security apart from God?

10. How does praying this prayer challenge self-sufficiency?

PART 2 - PRAYER TIME

Take time to pray for one another. Spend time thanking God for all the ways in which God provides for each of us. Invite each group member to share one area where they need "daily bread" – more of God's provision.

PART 3 - WAYS TO PRAY – "PRAYER OF EXAMEN"

Throughout the centuries, prayerful people have found direction for their lives through the practice of the examen (also known as the "examination of consciousness").

The examen provides a way of noticing where God shows up in our day. It is a practice that attends to what we might otherwise miss in the press of duties and busyness. The questions of the examen open our attention to how God's internal movement is present in our external comings and goings. They lead us to listen deeply to the data of our lives. These questions help us pay attention to our mental state, our body responses and our emotional baggage. Our insomnia, nervous stomach, difficult interaction and headache can all take their place as a possible way of more deeply leaning into God. The examen helps us recognize the things that bring us death and life. Once these things are known, they become part of our ongoing interaction with God in prayer.

The examen can open us to both the difficult and beautiful in our lives, relationships and profession. The examen is also a useful way of reflecting alone or with others on what God is saying to us through a meeting, a class, a meal, a service project, a relationship or a conflict.

Examen questions include:

- For what moment today am I most grateful? For what moment today am I least grateful?
- When did I give and receive the most love today? When did I give and receive the least love today?
- What was the most life-giving part of my day? What was the most life-thwarting part of my day?
- When today did I have the deepest sense of connection with God, others and myself? When today did I have the least sense of connection?
- Where was I aware of living out of the fruit of the Spirit? Where was there an absence of the fruit of the Spirit?

The examen is a wonderful tool for discerning the places you feel most alive, most grateful, most present to the Fruit of the Spirit as well as the times and places where you do not. **

PART 4 – THURSDAY PRAYER NIGHT

On Thursday March 5 at 7:00pm, we will gather in the Sanctuary and practice The Prayer of Examen together. All are invited to join us as we experience the power of praying together.

****This description comes from a book called “The Spiritual Disciplines Handbook” written by Adele Ahlberg Calhoun.**