

Our Father | Episode 5: Give Us This Day Our Daily Bread

PREPARATION

We can feel all kinds of anxiety about our investments, work, family issues, kids; you name it, but Jesus shows us to be anxious for nothing, to trust the Father for everything, just for today.

Be prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our team’s success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW Team meeting, watch or listen to Our Father | Episode 5: Give Us This Day Our Daily Bread
 - o <https://www.echocommunity.us/ctg5.html>
2. **Before** our SFW Team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

Matthew 6:11
John 6:26-36
Job 1:1-22

Philippians 4:12-13
1 Timothy 6:6-10
Malachi 3:7-12

3. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW Team meeting.
 - o **2828** "Give us": The trust of children who look to their Father for everything is beautiful. "He makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust." He gives to all the living "their food in due season." Jesus teaches us this petition, because it glorifies our Father by acknowledging how good he is, beyond all goodness.
 - o **2830** "Our bread": The Father who gives us life cannot not but give us the nourishment life requires - all appropriate goods and blessings, both material and spiritual. In the Sermon on the Mount, Jesus insists on the filial trust that cooperates with our Father's providence. He is not inviting us to idleness, but wants to relieve us from nagging worry and preoccupation. Such is the filial surrender of the children of God:

PREPARATION CONT.

- **2833** "Our" bread is the "one" loaf for the "many." In the Beatitudes "poverty" is the virtue of sharing: it calls us to communicate and share both material and spiritual goods, not by coercion but out of love, so that the abundance of some may remedy the needs of others.
- **2837** [...]The Eucharist is our daily bread. [...] This also is our daily bread: the readings you hear each day in church and the hymns you hear and sing. All these are necessities for our pilgrimage.
- See Also: **2829, 2831-2832, 2834-2837**

“Seeking happiness in material things is a sure way of being unhappy.” - **Pope Francis**

The mission of the Holy Angels with respect to our daily bread is threefold: (1) Their solicitude for our temporal needs as stewards of the material creation; (2) their mission as guides in the spiritual life; (3) their liturgical offices as friends and ministers of the Bridegroom of our souls. St. Ambrose teaches: "when the Body of Christ is present, it is not to be doubted but that the Angels are likewise present" (On Luke 1,12); they minister to Christ and help us to a more perfect union with Him. Naturally, it is especially for this Eucharistic Bread that we pray, "give us this day our daily bread." - **Opus Sanctorum Angelorum, Work of the Holy Angels, 1999**

SPIRITUAL FITNESS WORKOUT QUESTIONS

Warm-up Question:

What particular point(s) caught your attention the most in this episode?

Workout Questions:

1. What new insights did you gain about the Christians approach to money?

2. What would your reaction be towards God if, tomorrow, you lost your job or your retirement fund dwindled by 50%? Why do you think that you would react this way? Read Job 1:1-22. How did Job act when he lost most of his wealth?

SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

3. How much money or how many material goods do you need to be content? Have you reached that place of contentment? Read Philippians 4:12-13 and 1 Timothy 6: 6-10

4. What are some ways that God can supply you and your family with your daily bread?

5. Share an experience of how God provided for you or your family.

6. Share an experience when God led you to a place where you had to grow and trust in Him.

7. Do you tithe? If so, share how God led you to do that. If not, why should you consider starting that discipline? Read Malachi 3:7-12

PERSONAL ACTION ITEM:

Take the last few minutes of your SFW to come up with a **personal action item** you will work on between now and the next SFW.

I commit to becoming spiritually fit by

CLOSING PRAYER

Lord, I give myself to you now and always.
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.