

Give Us This Day Our Daily Bread

“Give us this day our daily bread.” What a simplistic and narrow request it sounds! When I already have enough food in my refrigerator! Whenever needed, we can go to the grocery store to find anything and everything we need. Whenever I want, I can go to a restaurant. What is the matter? Do we need to pray this prayer? But I want to suggest to you this morning that this petition was never only about the food on our plate. It carries something much deeper — a teaching about trust, about justice, about the very posture of our hearts before God, and the daily need of God.

And to understand and learn what it means, we need to go back to a wilderness, and to a people who were hungry, afraid, and about to receive one of the strangest, most instructive gifts in all of Scripture: bread that fell from the sky, but only enough for one day at a time.

Gather Only for Today: The Manna Lesson

In Exodus 16, the Israelites walked through the Red Sea on dry ground. And now, only a few weeks later, they find themselves in the wilderness of Sin, and their song of deliverance has changed into complaint. Listen to what they say to Moses and Aaron: **“If only the LORD had killed us back in Egypt. There we sat around pots filled with meat and ate all the bread we wanted. But now you have brought us into this wilderness to starve us all to death.” (Exodus 16:3, NLT).** It means they would rather have died as slaves with full stomachs than live as free people who don’t know where the next meal is coming from.

What do you think? Fear of scarcity does something to the human heart. It makes slavery look like security, and freedom look like danger. Does it mean that humans have a tendency to be a slave of something that provides false security? The meaning and joy of freedom in the Lord is something to avoid?



And God promises Manna to Moses: **“I am going to rain bread from Heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not.” (Exodus 16:4, NRSV).** It says, “enough for that day.” It was God’s test. This is the heart of the manna lesson, and it is the heart of the petition Jesus teaches us to pray.

God gave them a daily rhythm of dependence. It is the daily re-orientation of the heart away from self-sufficiency and toward the Giver. In the prayer of “give us this day our daily bread,” He is inviting us back into that daily posture of open hands, saying: “Lord, I trust You again today.”

Enough for Everyone

“So, the people of Israel did as they were told. Some gathered a lot, some only a little. But when they measured it out, everyone had just enough. Those who gathered a lot had nothing left over, and those who gathered only a little had enough. Each family had just what it needed.” (Exodus 16:17-18, NLT)

Some gathered more. Some gathered less. And yet, in the end — no one had too much, and no one had too little. Everyone had enough. I find this remarkable. Something built right into the nature of the gift itself. Manna could not be hoarded. When some tried to keep it overnight, hoping to store up a surplus, Scripture tells us it

bred worms and became foul (Exodus 16:20). **The Manna simply would not cooperate with human anxiety or greed. It was designed, by God's own hand, to only be enough — never too much, never too little.**



This is a picture of a community shaped entirely around trust in God's provision rather than the accumulation for private security. 'Give us daily bread' teaches us a community of togetherness. Jesus teaches us that my bread and your bread are bound together. A heavenly picture of economy. To be a people of God, they had to learn how to trust God fully for their life, how not to be greedy, seeing all the Manna spread around the tent. There was no other way but to trust the invisible God, day after day. This training continued for 40 years.

If you eat the manna from God, it compels us to share our resources and ourselves with our human family so that everyone's needs are met. It is about stewardship how we serve others with the resources God has given to us. John Wesley said; "Do you not know that God entrusted you with that money (all above what buys necessities for your families) to feed the hungry, to clothe the

naked, to help the stranger, the widow, the fatherless; and, indeed, as far as it will go, relieve the wants of all mankind? How can you, how dare you, defraud the Lord, by applying it to any other purpose?" This understanding is the same for all the saints in history. It is our goal as a Christian.

How do you hear this word? We see the gap between our lives and the Saints' lives. It seems to be big. But here is a wisdom from Mother Teresa, who lived in Calcutta, India, and who helped those who are dying. One day a very wealthy lady came to Mother Teresa and said, "I want to live like you, wearing the blue-striped Sahri (cheap clothes)." And Mother Teresa said, "Please don't do that. Just wear little less expensive clothes than you are wearing now. If it becomes okay, then try little less expensive clothes." It means increasing your giving incrementally. If you practice any kind of giving, you are freed more and more from the natural tendency of greed that we all have. This will invite you more toward the ancient practice of social justice, leaving a corner of your field for the poor and the needy even after tithing. For this practice, I put a list of random acts of kindness that Jenny gave me into the September Newsletter.

The Bread That Feeds and Frees the Soul

When I was in Germany, every morning we went to the bakery to buy oven-fresh brotchen, baked fresh from the oven early in the morning in the size of a fist. It is delicious every bite by its freshness; the outside is crispy, the inside is soft and fragrant. God wants to give us this freshly baked brotchen daily. We trust, and God provides every day. A day is a unit of time in God's economy of time. A particular task is given, and we all know what we need to do today. One day is the unit that makes the burden of life bearable. One day is the unit that we need to pour out everything with all our best and go to sleep. It is like a precious gem block that builds your beautiful future. You need to receive God's fresh grace poured out every day. Do you want to be a disciple of Jesus? Then follow the way.

What daily grace do you need? God's daily protection, daily power, daily wisdom, daily love, daily comfort, daily peace? Only daily portions are given from eternity. The need of your day, whatever it is. Daily peace? This daily bread is called Rhema! Freshly baked bread that you can directly apply to your life!

My pitfall was that I wanted to eat the word of God too much without chewing or digesting enough. Usually, two and a half hours are not enough. Journaling, reading the Bible here and there, and one spot digging, trying to meditate, but not fully doing at all. I think I am now doing far better than before. I am able to enter the presence immediately by praising the Lord, by meditating on God's word. Will you try to do it with me right now? It is to let the word be soaked into your every fiber of your being. Let's eat together for a short moment.



Jesus says, **“I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.”** (John 6:35)

(Take a slow, deep breath in... and gently exhale. Close your eyes and allow the tension in your shoulders to drop. Let the noise of the world quiet down as you step into the sanctuary of His presence. You don't have to strive here. You only need to receive.)

Listen closely with your heart. Hear Jesus speaking softly to you right now:

Beloved, I see the places where your soul feels weary, faint, or dry. I see how you have tried to fill the quiet ache inside with things that cannot satisfy. But I am here to tell you that you don't have to search any longer. I am the Bread from Heaven. I am not a distant memory or a seasonal gift; I am your daily, intimate sustenance. Come to Me, just as you are—with all your messy places, your questions, and your deep longing. Lay your soul open before Me and let Me nourish you from the inside out.”

By receiving the bread of Jesus into your soul, you become a piece of bread for the world, including neighbor and family. In our society, wherever you go, you meet children who are starving for affection; the elderly who are groaning out of loneliness; the poor and the sick who yearn for attention and care; the wealthy who are hungry for meaning.

When we pray, “Give us this day, our daily Bread,” it lets us learn how humbly we should be dependent on God, how to trust God’s provision day by day; how to become our truest selves, little Christs, breaking ourselves for the hungry of the world.