

Prayer, From the Westminster Larger Catechism, part 7

Q193: What do we pray for in the fourth petition?

A193: In the fourth petition (which is, Give us this day our daily bread), acknowledging, that in Adam, and by our own sin, we have forfeited our right to all the outward blessings of this life, and deserve to be wholly deprived of them by God, and to have them cursed to us in the use of them; and that neither they of themselves are able to sustain us, nor we to merit, or by our own industry to procure them; but prone to desire, get, and use them unlawfully: we pray for ourselves and others, that both they and we, waiting upon the providence of God from day to day in the use of lawful means, may, of his free gift, and as to his fatherly wisdom shall seem best, enjoy a competent portion of them; and have the same continued and blessed unto us in our holy and comfortable use of them, and contentment in them; and be kept from all things that are contrary to our temporal support and comfort.

God commands that we ask for bread, and he gives it to us! Are we worthy to have bread given to us? Are we worthy of salvation? Are we worthy to have our sins forgiven? We are worthy of anything but judgement and eternal damnation, except by the grace of God worked out through the substitutional death and resurrection of Jesus Christ?

We are to ask for *bread*, not pastries or filet mignon. For *our* bread, not someone else's bread, but the honestly gotten bread from God to us. *Daily* bread, which reminds us of our dependence on God. *This day* – since we need daily bread, do we not also need *daily prayer* in which to request it, and express thanks for it?

My gracious and generous God! You are all grace! You make requirements of me, a weak, sinful creature. And because I have no ability to do any of it, you do it for me! Without your grace and mercy, I have nothing. You gave me every comfort I have ever known, and I praise and thank you for it all! You are the giver of every good gift! You chose me as your child, and prepared a place for me in heaven, where I will live with you and praise you forever and ever!

You have been exceedingly gracious to me, though I was, and am completely undeserving. I pray that you will give me even more grace, to enable me to glorify you, praise you, thank you, proclaim you, love you and obey you as you command! Amen!