

PRAYER

Good Shepherd
Sermon-Based Study Guide
Proverbs 30: 7-9 | February 1, 2026
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I. Introduction to this Study

When Jesus teaches us to pray, “Give us this day our daily bread,” He invites us into a posture of daily trust. This prayer is not about abundance, security, or luxury, but about dependence. It is about learning to receive what we need from God one day at a time.

Jesus’ words echo Israel’s story in the wilderness, where God provided manna after bringing His people out of slavery in Egypt. Each morning, God gave them enough for the day, no more and no less. At first, the people received this gift with wonder and gratitude. Over time, however, daily provision became familiar, then taken for granted, and eventually a source of complaint. Their grumbling even led them to romanticize life in Egypt, forgetting the bondage from which God had delivered them.

This week’s study invites us to reflect on how God provides, how our hearts respond, and how prayer shapes us into people of gratitude, trust, and contentment.

II. Connecting with One Another

What is one everyday necessity in your life (food, work, shelter, routine) that you rarely stop to thank God for?

III. Study the Text

Read Matthew 6:9–13

- Why do you think Jesus teaches His disciples to pray for “daily” bread rather than future security or abundance?
- What does this request reveal about how Jesus wants us to relate to God?
- How might this prayer challenge our desire for control or certainty?

Read Exodus 16:1–5, 13–18

- What instructions does God give the Israelites about gathering manna?
- Why do you think God chose to provide food one day at a time?



- What might God have been teaching His people through this daily rhythm?

Read Numbers 11:4–6 and Numbers 21:4–5

- How do the people's feelings about manna change over time?
- What words or phrases stand out to you in their complaints?
- Can you think of a time when something you once appreciated slowly became a source of frustration or resentment?

Read Exodus 16:2–3 and Numbers 11:4–6

- What parts of their past do they remember fondly and what do they leave out?
- Have you ever been in a difficult season that made you long for what came before, even though that season wasn't actually that good?
- What does this tendency reveal about how fear or uncertainty can shape our perspective?

Read Proverbs 30:7–9

- Do you think this is an easy prayer to pray? Why or why not?
- Which feels more spiritually dangerous for you right now: having too little or having too much?
- How does this prayer challenge the way our culture defines "success" or "enough"?

IV. Reflect and Respond

- Where do you see yourself most often in the manna story? Gratitude, familiarity, or grumbling?
- In what areas of your life are you tempted to want more than "enough"?
- What gratitude practices could help guard your heart against resentment or entitlement?

V. Digging Deeper/Prayer: Practicing Gratitude for Daily Bread

Jesus teaches us to pray for daily bread not only so our needs would be met, but so our hearts would be shaped. Gratitude is one of the primary ways God guards us against grumbling, entitlement, and forgetfulness.

Challenge for the Week:

Set aside a few minutes each day to intentionally thank God for His provision.

You might try the following practice:

- Once a day, pause and name **three specific ways** God has provided for you that day (food, rest, work, relationships, protection, help, strength, clarity, etc.).
- Offer thanks for **ordinary provisions**, not just extraordinary ones.
- If you find yourself tempted to complain, let that moment become an invitation to gratitude instead.

