

AS ABOVE SO BELOW

OUR FATHER IN HEAVEN, HALLOWED BE YOUR NAME, YOUR KINGDOM, COME, YOUR WILL BE DONE, ON EARTH AS IT IS IN HEAVEN, GIVE US TODAY OUR DAILY BREAD, AND FORGIVE US OUR DEBTS, AS WE ALSO HAVE FORGIVEN OUR DEBTORS, AND LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM THE EVIL ONE. MATTHEW 6:9-13

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DISCUSSION GUIDE

BRING THE KINGDOM

SPEAKER: Steve Mickel

DATE: January 25, 2026

TEXT(S): Matthew 6:11; with Exodus 16:4 and Philippians 4:19

HOW TO USE THIS GUIDE: This resource is designed to help you, or your group, step through a progression of engagement with the Bible passage(s) and the speaker's message. Our goal is to help you better understand and apply B4's teaching.

MESSAGE SUMMARY + DISCUSSION PROMPTS

In this message, Pastor Steve explores Jesus' prayer, "Give us this day our daily bread," as a formative invitation into trust, not control. Rooted in Israel's wilderness story (Exodus 16) and echoed in Paul's teaching on contentment (Philippians 4), daily bread reminds us that God is the provider, not merely one option among many. Prayer is less about persuading God and more about reshaping us. It forms humility, dependence, and rest. God invites us to trust Him for today, resist self-sufficiency, and allow His provision to reveal His loving goodness in our lives.

LEAN IN: These are icebreakers and warm-ups, mostly to get the group talking and start the flow of conversation. Choose one and talk it over for 5-10 minutes.

1. When you hear the phrase "daily bread," what comes to mind first?
2. What's something you tend to worry about when you focus on tomorrow?
3. Growing up, how was prayer talked about or practiced in your home, if at all? How did you think of prayer as a kid?
4. Where do you feel the most pressure to provide for yourself right now?
5. What helps you feel secure when life feels uncertain?

LOOK DOWN: These are questions about the Bible passage(s) above. Spend about 15-20 minutes discussing your choice of two or three questions:

1. What instructions did God give Israel about gathering manna in Exodus 16?
2. Why do you think God limited the manna to one day at a time?
3. Reflecting on the Exodus, what warnings does Moses give in Deuteronomy 8 about prosperity?
4. How does Jesus' use of Deuteronomy in Matthew shape our understanding of bread?
5. In Philippians 4, what connection does Paul make between prayer, peace, and provision?

LOOK OUT: *These questions help connect the world of the Bible to today. Spend about 15-20 minutes discussing your choice of two or three questions:*

1. How does “daily bread” challenge modern ideas of independence and self-made success?
2. Where do you see “empire dependence” reflected in today’s economic systems?
3. How does constant access to abundance affect our awareness of God as provider?
4. In what ways can blessing become “tainted” when God is forgotten?
5. Why do you think rest and Sabbath feel so countercultural today?

LOOK IN: *These questions help you consider how to engage the teaching for yourself. Spend about 15-20 minutes discussing your choice of two or three questions:*

1. Where might God be inviting you to trust Him more deeply today?
2. Where do “non-divine dependencies” in your life tend to compete with trust in God?
3. How does prayer shape who you are becoming, not just what you receive?
4. What would it look like to release control of tomorrow to God each day this week?
5. How does this teaching reshape your understanding of success and contentment?

LIVE IT OUT: *These practical action steps help you apply this message to day-to-day life. Choose one prompt and talk it over for 5-10 minutes:*

1. Each morning this week, pray the Lord’s Prayer slowly, pausing intentionally at “Give us this day our daily bread.” Name your specific needs for that day only, and resist projecting into tomorrow.
2. Choose one concrete act of trust that you can embrace to observe a true Sabbath day without work, or practice intentional generosity. Let that act remind you that your provision always comes from God.

You can find B4’s [Series Resources and a link to 21 Days of Prayer and Fasting here.](#)

