

RECAP

Check in with each other about how prayer walking went this last week. What was your experience with using the Holy Here app? What were some things that God highlighted for you?

INTRO

This week, we are exploring the "Give us today our daily bread" portion of the Lord's Prayer, examining how it invites us to surrender our spinning thoughts and trust God with our daily needs.

What areas of your life currently cause your mind to "spin" with worry or anxiety? How do you typically respond to these spinning thoughts?

IDEA 1

When life's pace or circumstances leave our minds constantly spinning, we often bring this anxious energy into our prayers. We rush through adoration to get to our requests, missing the opportunity to experience God's presence.

How do you relate to the concept of "spin praying"—rushing through prayer to get to your requests? What might you be missing in this approach?

Think about a recent challenging situation. How did your prayer approach change (or not change) during this time?

What's the difference between bringing your anxieties to God versus allowing those anxieties to control how you pray?

IDEA 2

Jesus uses "bread" as a picture of our daily needs, connecting us to the larger biblical narrative of God's faithful provision, from manna in the wilderness to Jesus as the Bread of Life.

What does the image of "daily bread" reveal about God's character and His relationship with us?

How does the story of God providing manna for the Israelites speak to your current circumstances?

IDEA 3

When Jesus asks Bartimaeus, "What do you want me to do for you?", he models how God invites us into honest, vulnerable conversation about our needs.

How comfortable are you with honestly expressing your needs to God? What holds you back from complete vulnerability in prayer?

Which response to God's question "What do you want me to do for you?" do you most identify with:

- "I've got it,"
- "You decide," or
- honest vulnerability?

Why?

What could it look like to bring your most pressing need to God with complete honesty today?

EXPERIENCING GOD TOGETHER

Take some time to practice surrendered prayer as a group:

1. Share one area where your mind tends to "spin" with worry or anxiety.
2. Practice sitting in silence for 2 minutes, imagining God asking, "What do you want me to do for you?"
3. Share your honest response to that question with the group.
4. Pray for one another, focusing on surrendering these needs to God.

PRACTICE THIS WEEK

This week, look for ordinary places (like Ash described in the Costco parking lot) where God meets you in your daily needs.

When anxiety rises, practice praying "Jesus, Son of David, have mercy on me" followed by honestly expressing your need.