



Our Daily Bread

PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling*) *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we contemplate Our Daily Bread.*

INTRODUCE TOPIC & SCRIPTURE **Psalm 78 24:25** "God rained manna upon them for food; grain from heaven he gave them. Man ate the bread of the angels; food he sent in abundance."

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE "Give us this day our daily bread."

MEDITATION *Give us this day our daily bread....* "The Lord taught us to ask for bread, that is, for everything we need to live as children of God – faith, hope, love, joy, food for the body and food for the soul, docility to the Will of God in everyday life, a heart big enough to understand other people and be of service to them. Bread is a symbol of all the many gifts that come to us from God. In the first place we ask for whatever we need in a material sense; then our request is for whatever we need for the health of our soul."³

"When we ask for our daily bread we are acknowledging the fact that our entire existence depends on God. The Lord want us to ask the Father for whatever we need. As a consequence, we are constantly reminding ourselves that we are children who depend entirely on our Father God. We can do nothing by ourselves. To pray the **Our Father** well, with devotion, is to recognize our radical poverty before the loving eyes of God. He will make sure that we have what we need each day. God will never let us down."⁴

RESOLUTION (Re-read Scripture.) "We have to pray with devotion: *Give us this day our daily bread*; give us what we require for our body and our spirit. Tomorrow we will have the blessed opportunity to have recourse once again to our Father God. He will reply to us, "everything I have is yours."⁵ Do I pray the Our Father with devotion? Holy Spirit, come... *Today let us resolve to pray the Our Father well, reflecting on our needs and the needs of our brothers and sisters.*

ENDING PRAYER (Kneeling*) *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all I do, glorify You. Mary, Queen of Angels: **pray for us**; St. Joseph: **pray for us**; St. Peter (or saint of the day): **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ Fr. Francis Fernandez, *In Conversation With God*, Vol. 5, 40.1. (Used with permission)

⁴ Fr. Francis Fernandez, *In Conversation With God*, Vol. 5, 40.1. (Used with permission)

⁵ Fr. Francis Fernandez, *In Conversation With God*, Vol. 5, 40.3. (Used with permission)

*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

