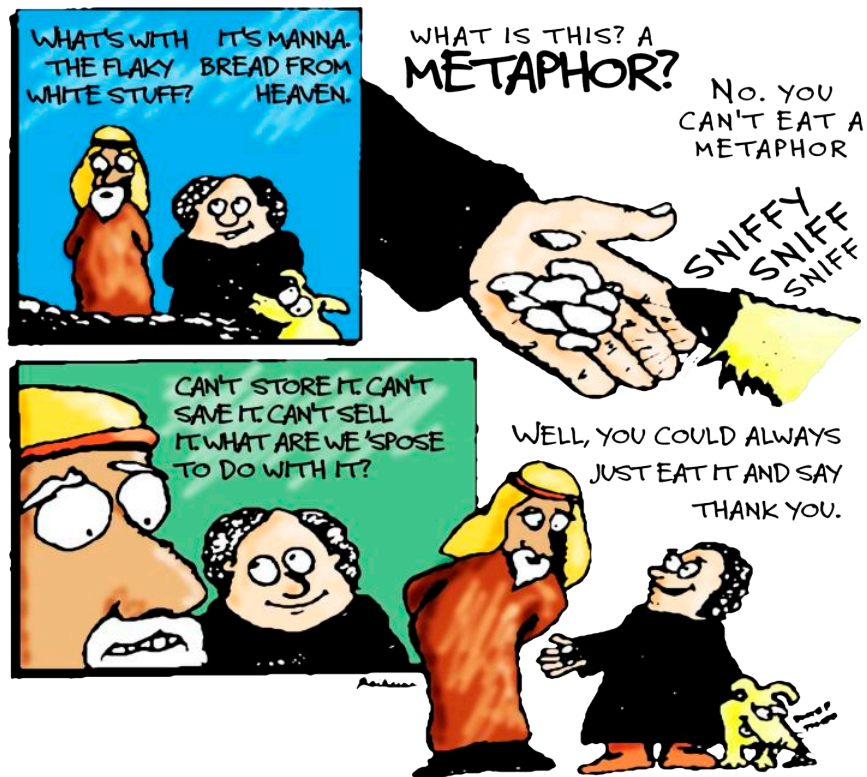




Daily Bread



SHARE

your highs and lows

Break into pairs.
Listen carefully and
record your partner's
thoughts in the space
provided. Then return
to small group and
share your friend's
highs and lows.

MY HIGH THIS WEEK

MY LOW THIS WEEK

MY FRIEND'S HIGH THIS WEEK

MY FRIEND'S LOW THIS WEEK



READ

**and highlight
the theme verse
in your Bible**

"Give us this day our daily bread."

Matthew 6:11



TALK

**about how the
Bible reading
might relate to
your highs
and lows**

Choose from the options below to enrich your Talk Time. Invite group members to take turns leading one or more of the following:

IMAGES

1. Choose either the cover photo, cartoon, ink art or painting by Dr. He Qi (back page).
2. Where are you in this work of art?
3. How might the art and the theme verse relate to each other?
4. How might the art relate to your highs and lows?

ROLE PLAY

Assign roles and take turns acting out the following:

1. A friend has lost a lot of weight. You notice she runs off to the bathroom every day after you eat lunch together at school. You are worried that she may have an eating disorder. What do you say?
2. You have saved up money for months to buy your friend a wonderful birthday present. You can't wait to give it to him. When he opens it, however, he seems less than impressed and hardly acknowledges it. How do you feel? What do you say? How does this relate to God's good gifts?

QUESTIONS TO PONDER

1. How would you explain the difference between a need and a want?
2. What are three things that worry people your age the most? What worried you today?
3. What would it take for you to give this worry totally and completely over to God? Will you dare do it?

QUOTATIONS

Choose a quotation (right column) and share your thoughts and questions about it.

When the gods choose to punish us, they merely answer our prayers.

Oscar Wilde

The best thing about the future is that it comes only one day at a time.

Abraham Lincoln

God gives every bird his food, but God does not throw it into the nest.

Josiah G. Holland

I've been broke but I've never been poor.

Rich Melheim

Well, crying isn't gonna bring him back... unless your tears smell like dog food. So you can either sit there crying and eating can after can of dog food until your tears smell enough like dog food to make your dog come back, or you can go out there and find your dog.

Homer Simpson



Write a definition...

DAILY BREAD

MANNA

NEED

PROVIDENCE

WANT



Elijah and the Ravens by Dr. He Qi (www.heqigallery.com)



PRAY
for one another's
highs and lows

Gather in a circle. Praise and thank God for your highs. Ask the Holy Spirit to be with you in your lows. Pray for your friend's highs and lows and for your world. Close in Jesus' name.

Prayers for Highs

Prayers for Lows



BLESS
one another

Trace the sign of the cross on one another's foreheads or palms.

**REMEMBER
1 THING**

God gives life one day at a time. The joys, pains, challenges and struggles all come in bite-size chunks. Don't spend your time worrying about tomorrow. You'll miss out on today. Don't waste it—it's too precious a gift to lose!



FAITH
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