

Southern Adventist University

**KnowledgeExchange@Southern**

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The Main Thing Devotional

Chaplain's Office

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10-22-2019

## **Fresh-Baked Bread**

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“Give is this day our daily bread.” Matthew 6:9

### **Fresh-Baked Bread**

Ever since I was a little girl I dreamed about the aroma of fresh-baked bread, *homemade* bread filling up every inch of space in my home. After dating my now-husband Euwayne for several months he surprised me with the Christmas present of my dreams! And now, several early years into marriage one of my greatest joys is breathing in the delight of our homemade bread on a regular basis.

Last week I was baking bread to take to our neighbors with a thousand things running through my mind and distracted by my inner thoughts. While I was removing the steaming fresh bread from the machine, the lid of my bread machine accidentally slipped from my grip in one hand, fell to my other arm and badly burned me. A week later I’m still wearing a healing scar as a reminder to live in the moment.

“Give us this day our daily bread.” I believe there are two major ideas we benefit from understanding in this short, but powerful text.

- “Give is *this* day.”
- “Give us our daily *bread*.”

The first has everything to do with the gift of time God gives to us, while the second has everything to do with the gift of confidence that God will provide for our every need.

To pray a prayer like “give us this day” says, “I don’t want be so consumed by what must take place tomorrow that I end up worried about it today. God, make me to be present in today.” I confess that I struggle with this. I’m often so caught up in the question, “What’s next? What do I need to next?” that I miss out on even living in the current moment. This day, this day we’re living in right now, is a gift from God to us! What are we missing out on by always living in the next moment?

Additionally, to pray the prayer “give us our daily bread” is to submit our hearts and lives to Christ and say “I trust you to provide for all my needs.” The words *trust* and *all* stand out to me. But as difficult as it may be to pray this prayer, just imagine what all we would we gain by giving ourselves totally to Christ and watch Him take us by surprise as He provides for all our spiritual, mental, emotional, and physical needs! Even more, imagine what kind of headspace we could free up if we trusted God to provide for all our needs *today*!

As I cut a slice of bread from my homemade loaf this morning to slather apple butter on top before devouring for breakfast, I prayed a prayer I hope you’ll join me in: “Gracious God, give me this day my daily bread. Make me present for each moment today that I may see you at work in powerful ways in my life and in the lives of those around me. And thank you for providing for all my needs. You are the Creator, I am your creation. I am in your hands.”

As you strive to make the Main Thing, the main thing this week, may you delight in knowing God is anxious to pour out blessings upon blessings in your life - if you will just stop long enough to be aware of His work.

Challenge & Upcoming Events:

- Pause and take a deep breath. As you inhale, dwell on the thought that God already knows your needs and is eager to supply them. As you exhale, confess any doubts you've had that He will provide. Become present in today through this simple breathing exercise.
- Take a moment today to journal or share with a friend how thankful you are for *this* day. We often focus on everything we need to do or the things that aren't going well, but what evidences of God at work in your life are you seeing today?
- Join us for **Vespers this Friday evening at 7:30pm** in the University Church with **Pastor Kris Eckenroth**. An exciting Afterglow to follow with a practical **prayer initiative** that will lead us into Fall Week of Prayer!
- Plan now to join us for **Fall Week of Prayer** which **begins next week!** Each day one of our own faculty or staff members will be sharing their own powerful story of how they have experienced God's pursuit in their own lives. You don't want to miss this!

FALL WEEK OF PRAYER

based

on a

true

story

**Monday 8pm:**  
JOSEPH KHABBAZ

**Tuesday 8pm:**  
NICK LIVANOS

**Wednesday 8pm:**  
DENNIS NEGRON

**Thursday 11am:**  
ALVA JOHNSON

**Thursday 8pm:**  
LASHAWN HORTON

**Friday 7:30pm:**  
ADAM HECK

**Sabbath 9am,  
11:45 am:**  
ALAN PARKER

COLLEGEDALE  
SDA CHURCH

-Anna Bennett