

OUR FATHER -- *Episode Five: Give Us This Day Our Daily Bread*



Team Member Name: _____ Date: _____

Game Strategy – We can feel all kinds of anxiety about our investments, work, family issues, kids; you name it, but Jesus shows us to be anxious for nothing, to trust the Father for everything, just for today.

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

Pregame Film Study

1. View or listen to the episode referenced above.
2. Go deep with the Scripture References, Coaching Tips and Catechism Connection on page 2.
3. Reflect upon the **Huddle Up** questions below and jot down your thoughts.

Huddle Up – Use these questions for personal reflection to share with your team at the workout.

Warm-up Questions:

1. What particular point(s) caught your attention the most in this episode?
2. What is something useful that you learned from viewing this episode that you can apply in your own life?

Workout Questions:

1. What new insights did you gain about the Christian approach to money?
2. What would your reaction be towards God if, tomorrow, you lost your job or your retirement fund dwindled by 50%? Why do you think that you would react this way? Read Job 1:1-22. How did Job act when he lost most of his wealth?
3. How much money or how many material goods do you need to be content? Have you reached that place of contentment? (Phil 4:12-13; 1 Tim 6:6-10)
4. What are some ways that God can supply you and your family with your daily bread?
5. Share an experience of how God provided for you or your family.
6. Share an experience when God led you to a place where you had to grow and trust in Him.
7. Do you tithe? If so, share how God led you to do that. If not, why should you consider starting that discipline? (Malachi 3:7-12)

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Team Workout Plan - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

Postgame Recap - Watch the End Zone video segment as a team. Take note of the tips from the CTG team:

1. Seek first the Kingdom of God.
2. Be fed on a daily basis. Make God first.
3. Trust in the Lord. He will supply your daily needs.

Complete your **Personal Action Item**. 

Scripture References

Matthew 6:11

John 6:26-36

Job 1:1-22

Philippians 4:12-13

1 Timothy 6:6-10

Malachi 3:7-12

Coaching Tips

Seeking happiness in material things is a sure way of being unhappy. - *Pope Francis*

The mission of the Holy Angels with respect to our daily bread is threefold: 1) their solicitude for our temporal needs as stewards of the material creation; 2) their mission as guides in the spiritual life; and 3) their liturgical offices as friends and ministers of the Bridegroom of our souls. St. Ambrose teaches: "when the Body of Christ is present, it is not to be doubted but that the Angels are likewise present" (On Luke 1,12); they minister to Christ and help us to a more perfect union with Him. Naturally, it is especially for this Eucharistic Bread that we pray, "give us this day our daily bread." *Opus Sanctorum Angelorum, Work of the Holy Angels, 1999*

Catechism Connection

2828 "Give us": The trust of children who look to their Father for everything is beautiful. "He makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust." He gives to all the living "their food in due season." Jesus teaches us this petition, because it glorifies our Father by acknowledging how good he is, beyond all goodness.

2830 "Our bread": The Father who gives us life cannot not but give us the nourishment life requires - all appropriate goods and blessings, both material and spiritual. In the Sermon on the Mount, Jesus insists on the filial trust that cooperates with our Father's providence. He is not inviting us to idleness, but wants to relieve us from nagging worry and preoccupation. Such is the filial surrender of the children of God:

2833 "Our" bread is the "one" loaf for the "many." In the Beatitudes "poverty" is the virtue of sharing: it calls us to communicate and share both material and spiritual goods, not by coercion but out of love, so that the abundance of some may remedy the needs of others.

2837The Eucharist is our daily bread. This also is our daily bread: the readings you hear each day in church and the hymns you hear and sing. All these are necessities for our pilgrimage.

See Also: **2829, 2831-2832, 2834-2837**

Personal Action Item

Develop a plan of action based upon our prayer and discussion related to the topic. How does the Lord want this topic applied in your life? Keep it simple – one or two action items.

I commit to becoming spiritually fit by...