

Study Guide

Sunday August 9, 2020

"The Bread We Need"

1. ➔ **Proverbs 30:8-9**

*Keep falsehood and lies far from me;
give me neither poverty nor riches,
but give me only my **daily bread**.
Otherwise, I may have too much and disown you
and say, 'Who is the Lord?'
Or I may become poor and steal,
and so dishonor the name of my God.*

2. **Points to Remember**

- A. Restricted living gives us an opportunity to discover what is essential.
- B. Jesus taught us the power of living with simple needs.
- C. The Lord only gives us enough for what we need today.
- D. He is our daily source for more than just physical food.
- E. We can find contentment even when things do not go our way.
- F. When Jesus is our source we have all that we need.

3. **Bible Verses**

Job 23:12	I have treasured the words of his mouth
Matthew 6:25	Is not life more than food?
Exodus 16:4-5	Gathering the manna every day
Deuteronomy 8:3	Man does not live on bread alone
1 Timothy 6:6-8	Godliness with contentment is great gain
2 Corinthians 9:8	Having all that you need

4. **Discussion Questions**

- A. Have you ever experienced a time when you went without food?
- B. How have you been meeting your mental health needs during the pandemic?
- C. How can we help each other when our emotions are running low?