

Activity: Our Daily Bread



Lifelong Faith Associates (Permission is given to reprint for use by individuals and churches.)

This learning activity offers participants the opportunity to understand and experience the meaning of the words “Give us this day our daily bread” in the Lord’s Prayer. This is a follow-up to the activity some of the children and youth did in their class session.

Preview the short video on poverty (<http://www.povertyusa.org/multimedia/poverty-usa>) and prepare to share it via the internet during the session. Or find another short video addressing poverty in the U.S. on YouTube.

Activity Plan

Introduce the activity by sharing the following in your own words or using the words below:

The Lord’s Prayer is a prayer of total trust in God—trust that God will provide us with all we need to live lives of dignity and hope. So we confidently pray to God to give us each day “our daily bread.” Yet we know that there are millions of faithful people in the world who go to bed hungry, or without shelter, or without hope. Why is that? It cannot be that God does not provide because we believe in a God of generosity and abundance. The answer must be that some people have too much while others struggle to survive. Today (Tonight) we are going to examine what share of the daily bread we have, and if we are okay with what we consume.

Complete Handout A as a family.

Inventory of “Stuff”

1. List all the food you ate in the last 24 hours.
2. Count how many coats, sweaters and jackets you have for cold or cool days.
3. How many pairs of shoes do you have?
4. Count the number of electrical appliances in your home.
5. How many cell phones, televisions, computers, and tablets are in your home?
6. How many cars, trucks, bikes and other methods of transportation does your family have?
7. How much “stuff” do you think you have in relation to other people in the parish? Your community? The United States? The world?

Introduce and show the video from the U.S. Bishops’ web site. Reflect on and discuss the questions on the handout.

- What is the most basic difference between your lifestyle and that of the people identified in the poverty video?
- What does this reality compel you to do?

- How does God give you your daily bread? How does God give daily bread to the people living in poverty?

Brainstorm ways the parish can share daily bread with those in need. Then conclude the session up with the following:

Jesus foreshadowed the creation of the Eucharist when he multiplied the five loaves and two fishes in order to feed five thousand. Jesus taught us that he alone is our nourishment. He teaches us that if we trust in him, there is enough for everyone and no one will go away hungry. He once proclaimed, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty. . . I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh" (John 6:35, 51).

Let us remember that we as disciples of Jesus are called to be bread for a hungry world.

Pray the Lord's Prayer together.



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Handout: Our Daily Bread

Inventory of “Stuff”

1. List all the food you ate in the last 24 hours.
2. Count how many coats, sweaters and jackets you have for cold or cool days (depending on where you are in the country, of course). _____
3. How many pairs of shoes do you have? _____
4. Count the number of electrical appliances you have in your home. _____
5. How many cell phones, televisions, computers, and tablets are in your home? _____
6. How many cars, trucks, bikes, and other methods of transportation does your family have?

7. How much “stuff” do you think you have in relation to other people in your church community?
Your town or city? The United States? The world?

Reflection and Discussion

- What is the most basic difference between your lifestyle and that of the people identified in the poverty video?
- What does this reality compel you to do?
- How does God give you your daily bread? How does God give daily bread to the people living in poverty?