

AN AT HOME RETREAT
WITH THE LORD'S PRAYER

Session 8 Practices

“Give us this day our daily bread”

Consider making space for one or more of the following practices today and throughout your at-home retreat. You may discover something you wish to continue even after the retreat is finished!

1. Gratitude Journaling

At the end of the day, write down 5 things you are grateful for from that day.

-God shows us in these 5 things that God has given us our daily bread.

-It could be a literal physical object or it could be a relationship, an experience, or some other blessing.

Consider continuing this practice each night.

-Try to write down 5 new things each day.

2. Consider how you can be daily bread for someone else today.

-What need do you see around you and how can you meet that need?

3. Reflect on Exodus 16:1-20

What does God's faithfulness and commands to the Israelites mean for your life today?

What is the “manna” God has provided you with today and how can you steward it well?