

Give Us This Day

我们日用的饮食，

今日赐给我们

Our Daily Bread

A still life composition featuring a bowl of white flour, a loaf of bread, wheat stalks, and eggs on a wooden surface. The scene is lit with warm, golden light, creating a soft and inviting atmosphere. The flour is piled high in a dark red bowl, the bread is a round, golden-brown loaf, and the wheat stalks are bundled together. The eggs are scattered on a light-colored cloth in the foreground.

What is your daily bread for today?
你现在需要的日用饮食是什么？

Give us today our daily bread.
我们日用的饮食，今日赐给我们。

Matthew 马太福音 6:11



1. Our Daily Bread sustains us 我们的日用饮食使我们存活

Give us **TODAY** our **DAILY** bread.
我们日用的饮食，今日赐给我们。



1. Our Daily Bread sustains us 我们的日用饮食使我们存活

Indeed, the very hairs of your head are all numbered.

就是你们的头发，也都被数过了。

Luke 路加福音 12:7



1. Our Daily Bread sustains us 我们的日用饮食使我们存活

Cast all your anxiety on him because he cares for you.

你们要将一切的忧虑卸给神，因为他顾念你们。

1 Peter 彼得前书 5:7




1. Our Daily Bread sustains us 我们的日用饮食使我们存活

your Father knows what you need before you ask him.

你们没有祈求以先，你们所需用的，你们的父早已知道了。

Matthew 马太福音 6:8



1. Our Daily Bread sustains us 我们的日用饮食使我们存活

9“Or what man is there among you who, when his son asks for a loaf, will give him a stone? 10“Or if he asks for a fish, he will not give him a snake, will he? 11“If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give what is good to those who ask Him! 9 你们中间谁有儿子求饼，反给他石头呢？ 10 求鱼，反给他蛇呢？ 11 你们虽然不好，尚且知道拿好东西给儿女，何况你们在天上的父，岂不更把好东西给求他的人吗？

Matthew 马太福音 7:9-11

2. Our daily bread increases our faith 我们的日用饮食增添我们的信心

1. Forgive us our sins
赦免我们的罪
2. We forgive those who sin against us
我们饶恕那些得罪我们的人
3. Lead us not into temptation
不叫我们遇见试探



2. Our daily bread increases our faith
我们的日用饮食增添我们的信心



“give me some food and then I will hear what you are saying.” “给我吃的，我就听你讲”

2. Our daily bread increases our faith 我们的日用饮食增添我们的信心

Gather enough for each person, about two quarts per person; gather enough for everyone in your tent.'

“你们要按着各人的饭量，为帐篷里的人按着人数收起来，各拿一俄梅珥。”

Exodus 出埃及记16:16

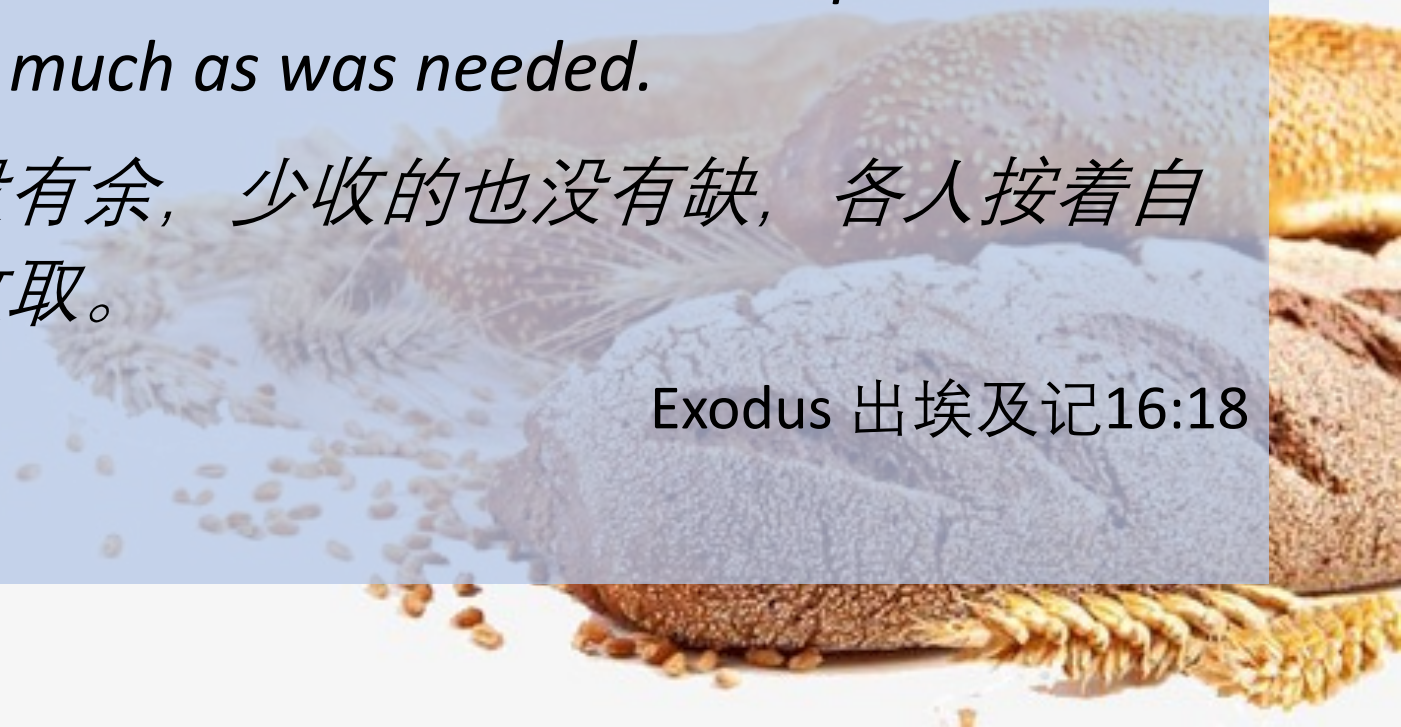


2. Our daily bread increases our faith 我们的日用饮食增添我们的信心

those who gathered more had no extra and those who gathered less weren't short—each person had gathered as much as was needed.

多收的也没有余，少收的也没有缺，各人按着自己的饭量收取。

Exodus 出埃及记16:18



2. Our daily bread increases our faith 我们的日用饮食增添我们的信心

And my God will supply all your needs according to the riches of his glory in Christ Jesus.

我的神必照他荣耀的丰富，在基督耶稣里使你们一切所需用的都充足。

Philippians 腓立比书 4:19



3. Our Daily bread frees us from the
Cares of this world

我们日用的饮食使我们脱离世上的思虑

The cares of this world represent the worries of this life
世上的思虑代表我们对生活的忧虑

Our daily bread represents God's provision for this life
我们日用的饮食代表神对我们生活的供应



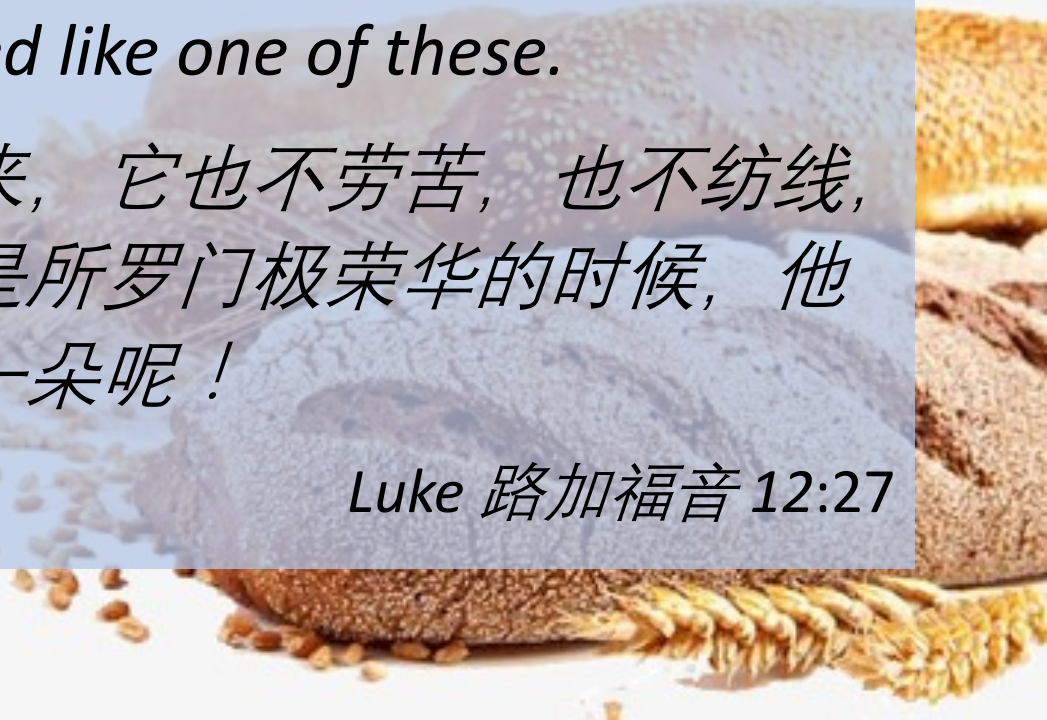
3. Our Daily bread frees us from the
Cares of this world

我们日用的饮食使我们脱离世上的思虑

Consider the lilies how they grow: they toil not, they spin not; and yet I say unto you, that Solomon in all his glory was not arrayed like one of these.

你想百合花怎么长起来，它也不劳苦，也不纺线，然而我告诉你们：就是所罗门极荣华的时候，他所穿戴的还不如这花一朵呢！

Luke 路加福音 12:27



3. Our Daily bread frees us from the Cares of this world

我们日用的饮食使我们脱离世上的思虑

And the cares of this world, and the deceitfulness of riches, and the lusts of other things entering in, choke the word, and it becomes unfruitful.

后来有世上的思虑、钱财的迷惑和别样的私欲进来，把道挤住了，就不能结实。

Mark 马可福音 4:19



4. Our daily bread needs to nourish us 我们日用的饮食要滋养我们

"It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

“经上記着说：‘人活着不是单靠食物，乃是靠神口里所出的一切话。’”

Matthew 马太福音 4:4



4. Our daily bread needs to nourish us 我们日用的饮食要滋养我们

³¹Meanwhile his disciples urged him, "Rabbi, eat something." ³²But he said to them, "I have food to eat that you know nothing about." ³³Then his disciples said to each other, "Could someone have brought him food?" ³⁴"My food," said Jesus, "is to do the will of him who sent me and to finish his work. ³¹ 这期间，门徒对耶稣说：“拉比，请吃。” ³² 耶稣说：“我有食物吃，是你们不知道的。” ³³ 门徒就彼此对问说：“莫非有人拿什么给他吃吗？” ³⁴ 耶稣说：“我的食物就是遵行差我来者的旨意，做成他的工。

John 约翰福音 4:31-34

"The Lord is my shepherd; I shall not want."

耶和华是我的牧者，我必不致缺乏。

Psalm 诗篇 23:1

