



# SUMMERTIME

# FAMILY

# DEVOTIONAL

FOR THE WEEK OF 05/31/20

## OUR DAILY BREAD

BY: ADAM FALKENSTEIN

SCRIPTURE PASSAGES: MATTHEW 6:11, JOHN 6:35

BIG IDEA: IN ALL CIRCUMSTANCES, GOD IS OUR PROVIDER. HE TAKES CARE OF US.

## ACTIVITY - BAKING BREAD

### INGREDIENTS:

- ONE PACKAGE (1/4 OUNCE) OF ACTIVE DRY YEAST
- 2-1/4 CUPS WARM WATER (110 TO 115 DEGREES)
- 3 TABLESPOONS SUGAR PLUS 1/2 TEASPOON SUGAR
- 1 TABLESPOON SALT
- 2 TABLESPOONS CANOLA OIL
- 6-1/4 TO 6-3/4 CUPS BREAD FLOUR

### SUPPLIES:

- MEASURING CUPS
- MEASURING SPOONS
- BREAD PANS OR BAKING SHEETS
- 2-3 LARGE MIXING BOWLS
- WHISK
- PLASTIC WRAP
- 2 BREAD LOAF PANS
- KNIFE (OPTIONAL)
- CUTTING BOARD (OPTIONAL)
- PARCHMENT PAPER (OPTIONAL)

**COST: IN THE EVENT THAT YOU DO NOT HAVE MOST OF THESE BAKING SUPPLIES OR INGREDIENTS AT HOME ALREADY, I RECOMMEND YOU GO THE CHEAP ROUTE: AVOID EXPENSIVE SUPPLIES! THE TOTAL COST FOR THIS PROJECT SHOULD BE BETWEEN \$10-\$15.**

# INSTRUCTIONS:

1.) In a large bowl, pour the packet of yeast and  $\frac{1}{2}$  teaspoon sugar in warm water; let stand until bubbles form on surface. In a separate bowl, whisk together remaining 3 tablespoons sugar, tablespoon of salt, and 3 cups of flour. Stir 2 tablespoons of oil into the yeast mixture; then, pour the yeast mixture into the flour mixture and beat/whisk until smooth. Stir in enough remaining flour,  $\frac{1}{2}$  cup at a time, until a soft dough is formed.

2.) Create a floured surface, such as a cutting board or table covered with parchment paper, by dusting and spreading flour over it. Turn the contents of the bowl out onto the surface, and begin kneading it until it is smooth and elastic, for roughly 8-10 minutes. Place in a, oil greased bowl, turning once to grease the top. Cover with plastic wrap, and let sit in a warm place, such as next to a window, until the dough has risen and doubled in size, for roughly 1- $\frac{1}{2}$  to 2 hours.

3.) Grease your bread loaf pans. After the dough has risen, punch the dough down. Turn it out onto a lightly floured surface; divide dough in half. Shape each half into a loaf, and then place in 2 greased 9x5-in. loaf pans. Cover with plastic wrap, and let rise until doubled, for roughly 1 to 1- $\frac{1}{2}$  hours.

4.) Bake at 375°, 30-35 minutes, until golden brown and bread sounds hollow when tapped or has reached an internal temperature of 200°. Remove from pans to wire racks to cool

# DEVOTIONAL:

**Do:** Open your Bibles to Matthew 6:11 and John 6:35

**Read:** Matthew 6:11

**Say:** This passage in the Bible is part of the Lord's Prayer. It says to, "Give us today our daily bread."

**Ask:** What do you think that means? What is our daily bread?

**Allow Responses...**

(We are asking for God to provide for our needs day by day.)

**Ask:** Do we always see God as our Provider? How has God provided for our family in this time? Think of specific instances throughout the year where God has been faithful.

**Allow Responses...**

**Read:** John 6:35

**Say:** In this passage, Jesus states, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty."

**Ask:** Why do we eat bread (or food, for that matter?)

**Allow Responses...**

(To make us full; to keep us physically alive.)

**Ask:** Why do you think Jesus calls Himself bread?

**Allow Responses...**

(He is what we need for our spiritual life.)

**Ask:** How can we "never go hungry" if we have Christ?

**Allow Responses...**

(He satisfies our deepest needs.)

**Ask:** If we eat every day to keep us alive physically, what should we do to keep us alive spiritually?

**Allow Responses...**

(Spend time with God daily.)

*Use this time to come up with ways you can spend time with God daily as a family. Create a schedule, if needed, for "God Time", that you will each keep, either individually, or together as a family.*

## Family Prayer

Father, help us to make spending time with You a priority. Just as we need regular food to keep us physically alive, we need Your love and Your Word to keep us spiritually alive. We pray that You would give us, every single day, our daily bread, to draw us closer to You, so that we might see that You are all we need. May Your Holy Spirit guide us to make time for You every day, just as we would for our best friend. Jesus, we want You to be our best friend. We love You so much, help us to show that by spending time with You. In Your name, we ask all of this. Amen.