

## INTRODUCTION.

- A. Scripture text: **Matthew 6:9-13**.
- B. When it comes to worry we need to learn to take one day at a time. And take just one worry at a time. If we could learn to forget the problems of yesterday and "close the door" on the worries of tomorrow, we would be happier, healthier people.
- C. To carry the burden of yesterday, today and tomorrow all at once is a load too heavy for anyone to bear. We must learn, as Jesus taught to live one day at a time (Mt. 6:11; 6:34).
- D. The "bread" in the model prayer can mean both physical and spiritual bread to meet our physical and spiritual needs.

## I. MAN WAS CREATED WITH DAILY NEEDS.

- A. In Genesis, chapter one, we see God creating the universe. Now, had God wanted to, He could have called everything into existence in a moment of time. Yet, it seems that God created all things on a daily basis. He had a task to do each day (Gen. 1:5,8,13,19,23,31).
- B. Man was created with daily needs. Sleep, exercise, food, drink; all must be consumed daily to maintain proper health. We cannot eat once a week, sleep once a week and sustain life for very long. God tried to teach the Israelites this lesson with the manna that came down from heaven.
- C. However, our modern day lifestyle does not always do things on a daily basis. We shop for groceries once a week, we pay bills monthly, some semi-annually, some yearly. I'm afraid that in some ways we have allowed these patterns of society effect us spiritually as well.
- D. Unknowingly, we have begun to practice our Christianity on a weekly basis rather than a daily basis.

## II. CHRISTIANITY IS A DAILY RELIGION.

- A. Not weekly, not monthly, not yearly! When Jesus instructs us to thank God for our daily bread He wants us to think of God's blessings on a daily basis.
- B. We enjoy daily physical and spiritual blessings and we also have daily physical and spiritual responsibilities.
- C. Some daily spiritual responsibilities include:
  1. Prayer (Mt. 14:23; Mk. 1:35; Lk. 5:16; 6:12; 9:16).
    - a. The greatest triumph in prayer was in the garden of Gethsemane (Lk. 22:39-46).
    - b. We cannot pray just during the LS, or just one day a week to last us for the week.
    - c. We must pray daily for the power of prayer to work in our lives.
  2. In study of God's word (2Tim. 2:15; Col. 1:28,29; 3:16):
    - a. We are humans and need constant reminders.
    - b. We must review daily to keep things straight in our minds.
    - c. The old saying is true, "If you don't use it, you lose it."
  3. In self-denial and sacrifice (Rom. 12:1,2; Lk. 9:32):
    - a. No better examples (commands) are those above in knowing the value of daily service.
  4. In encouragement and exhortation (Heb. 3:12,13):
    - a. We may fall away and so will others if we are not continually encouraged to stay faithful (Ac. 6:1; Jas. 2:15).
  5. In preaching to lost souls that the church might grow (Lk. 19:47; Ac. 2:46,47; 16:5; 19:9):
    - a. Evangelism should be a daily activity of the church.

## CONCLUSION AND INVITATION.

- A. To gain from any kind of activity we must do it on a daily basis. Musicians, athletes and successful businessmen have done well because they have practiced their trade or ability daily.

- B. May we resolve not to fall into the trap of practicing our Xianity on a weekly, monthly or annual basis.
- C. Daily Xianity means we must:
  - 1. Pray.
  - 2. Study.
  - 3. Self-sacrifice.
  - 4. Encourage.
  - 5. Preach.
- D. When others see that are Xianity is something we are, rather than something we do, it will make a difference in everyone's life.
- E. Plan of salvation for non-Xians; erring Xians.