“Give us today our daily bread.”

Here Jesus is teaching the disciples how to pray in the Sermon on the Mount. The scripture, although short by nature, has tremendous value to us as Christians as we seek God’s wholeness daily in our lives. Being an individual in the coaching profession, I have many demands and deal with a wide variety of people. I find it a necessity to seek God’s wisdom daily. The difficulty of never being able to please everyone, along with the highs and lows of athletics in general can become overwhelming. Therefore, I pray that through God’s guidance my physical, emotional, mental, and spiritual needs will be met each day.

This is an ongoing process, but one I value in seeking to be fed daily through God’s word in order to be the example He wants me to be while working with today’s young people. Knowing that He is in control makes my job and life much easier. Through the obstacles you may face in your life, know any difficulty can be faced and dealt with through relying on God’s grace and guidance each day, which is our daily bread. I think of the passage from John 6:35: “I am the bread of life, he who comes to Me will not hunger and he who believes in Me will never thirst.”

The secret is to seek the nourishment you need daily through scripture. It will provide the wholeness you need to sustain you through any situation.

**Life Question:** Are you getting your nourishment daily by discerning God’s word for you personally?

**Prayer:** Lord, lead me to seek wisdom and wholeness in being fed daily through your Word. Amen.

*Wanda Watkins, Women’s Basketball Coach*