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Do you ever wonder how you're going to get through the day. You feel that 'today's a big day,' and you'll be glad when this day is over.

Some days are so pressurised you don't know how you'll survive. Some days are just bigger than others. They affect your career, your life, your destiny. These days are so demanding that they seem impossible to face or endure. Sometimes the challenge is exciting, but nevertheless daunting.

Deadline has an ominous ring to it when it has arrived and you're still trying to meet it. Make or break is no longer a rhyming phrase but an epitaph for you and your job.

When Jesus taught us to pray 'give us each day our daily bread' I'm sure He included days like this. If you are in a high-pressure situation it won't be food you're worried about, but you still need help. Behind the prayer is the assurance that God will supply our genuine need on the day that we genuinely need it. Like the wandering Israelites collecting manna, we will get the right amount of help on the right day and that is it.

With God resources don't arrive early –or late. They come when needed. When we are facing these situations we can look back at God's track record in our lives and remember that He has never let us down. We add ourselves to the great cloud of witnesses that the book of Hebrews describes. What we cannot do, however, is become complacent. It seems that we need new faith for the current challenges.

So when you get out of bed on a day like that, ask for bread for that day. 'Lord help me make it through today, just today. Help me meet the deadline, survive the meeting, trust your resourcing, achieve that goal, just today'. By the way, why did Jesus use the phrase *give us today* rather than *give me today* my daily bread. Could it be because He may use someone else to help you get through the day - God's also into teamwork.

[Bible readings for this Wake Up Call](#)

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WORK WELL
Geoff Shattock, National Director

Here is some biblical background to this week's wake up call.

Luke 11: 1-4

¹One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples."

²He said to them, "When you pray, say:

" 'Father,
hallowed be your name,
your kingdom come.

³Give us each day our daily bread.

⁴Forgive us our sins,
for we also forgive everyone who sins against us.
And lead us not into temptation.

WAKE UP NEWS

New resource for 2003. Have a look [here](#)