

Why My Daily Bread Was Created

1. A Spiritual Discipline Created for the Active Life:

My Daily Bread was created for active business leaders, busy homemakers, engaged elected officials, driving entrepreneurs, striving professions, devoted parents, dedicated teachers, determined teens, hard-working-pastors and steadfast church leaders who want to live more effective, active, and dynamic lives that are simultaneously peaceful, compassionate, hopeful and Christ-centered in all situations. The processes and disciplines within *My Daily Bread* that lead to *knowing and doing the will of God 24/7, with the mind of Christ*, were created for these people and people like them.

My Daily Bread gives highly active people a helping-hand in discerning and doing the will of God for them today. To achieve this *My Daily Bread* helps them discern God's particular will each minute of each hour of each day and aids them to stay focused on doing God's will with the mind of Christ 24/7. Simultaneously, *My Daily Bread* assures the believer of the presence of the Holy Spirit in them as their real, personal Teacher and Coach, who walks with them, teaches them and coaches them in knowing and doing God's will with a Christ-like heart and mind.

My Daily Bread has also proven useful to those who are exhausted by unproductive spiritualities that create artificial dichotomies between God and God's will for them in the work place and in the family, or between activities in church and activities in the larger community, or between playing a sport and doing business, or between working at home and studying at school, or between being on vacation and being on the job. In other words, *My Daily Bread* is designed for the Christian who wants to be a faithful and fruitful disciple of Christ Jesus 24/7 and to be a humble and effective witnesses to Christ whether at work, at home, in the church or in the community.

Ultimately, this interactive, scripturally based, Christ-centered and Spirit-led, spiritual discipline is intended for those Christians who are seeking a healthy form of Christian spirituality leading to a Christ-like heart and mind. After almost five decades of practicing spiritual disciplines and after purveying the myriad of spiritualities, I have come to define a **healthy Christian spirituality** as one that has as its central objective: *to have the mind of Christ at all times and in all situations, to produce Christ-like fruit every minute of every hour of every day and to repent quickly (metanoia) when this is not the case.*

Why Take the Time to Do MDB? David's and Your Victory over Your Giants!

King David went by the stream and picked up five flat stones before he met the giant Goliath. This shows us that he had reflected upon how he would defeat the Giant. His was not an impulsive response to the perception of the danger he and all Israel were facing. David knew the force with which a slingshot could hurl a stone and its impact upon an animal or an unarmored human body. He had a plan. His plan was well thought out.

Going into battle without any armor was part of David's plan. His seemingly careless behavior was strategy and it worked well to disarm the mental defenses of the giant. Goliath became angered about David's un-warrior-like behavior, despised him and began to deride him: *Come here and I'll give your flesh to the birds of the air and the beasts of the field.*" Goliath was so enraged about David's demeanor and so arrogant about his sure victory that he did not think for one minute that it was necessary to put on his helmet. David ran forward swiftly to the battle line and before Goliath could focus on what was before him, a stone went crashing through his forehead. [1 Sam 41-51]

It was David's confidence in God that allowed him to remain calm. He did not panic before this life and death situation. David did not allow his built in animal fight/flight survival mechanism to override his human, spiritual ability to reflect thoughtfully, to plan well and to will to take one specific action rather than another one. He remained centered, thoughtful, astute, and confident. It was in that calm that David came up with a winning strategy. That is what you are going to do now in tackling the giant of unending, potential Action Items before you today. Calmly, through faith and with the Holy Spirit, you shall discern those Action Items ABBA wants you to stride forward to accomplish today.

Facing One Giant at a Time: Of course, your biggest giant today might not be *having too many things to be done in too little time*. Everyone, who has hope and drive to accomplish something in life, will have the problem of having *too many things to be done in too little time*. But not everyone will have serious health, financial or relationship giants challenging them everyday. But when serious issues do confront you, you will need more time to discern ABBA's will therein. ABBA's Action Items to confront that giant could very well override all other daily Action Items. The Holy Spirit, your Counselor, will help you know.

Moreover, when a specific giant issue does confront you, you will find the processes herein a source of strength and wisdom in your battle. Remaining calm and in touch with the Holy Spirit will remain essential. The Holy Spirit is your Inner Counselor and will draw upon all the Scriptures that you know and all of ABBA's wisdom in creation that you have been open to receive. By remaining confident in the Spirit and in Christ's love for you, you and the Spirit will be able to utilize your creational spiritual abilities. You will be able to reflect thoughtfully, to plan well and to will to take one specific action rather than another one in confronting your giant. The Holy Spirit will help you have the mind of Christ and display his self-control and humility. Remember to thank him!