



## 8 Practices

The BREAD acronym is a tool designed to help you slow down and prayerfully read the Bible. Use these passages to guide your time with God and prepare your heart to engage in the practice of evangelism.

### **BE STILL**

Find a place where you can remove distractions and practice being still and silent. Then ask God to be with you and speak to you. Pray that the Holy Spirit will guide your time and draw you near to Jesus.

### **READ**

Read through the passage for the day. Then read through it again slowly. Write down what you observe and any questions you might have. What stands out? What is repeated? What is compared or contrasted? What words are unfamiliar?

### **EXAMINE**

Examine the text and then let the text examine you. What is the context of this passage and how does it relate to the story of Scripture? Use a study Bible or commentary to dig deeper into what this author intended to communicate. Seek to discover what God is revealing and how it speaks to your heart and mind. Write your reflections.

### **APPLY**

Write down one thing you believe God is asking you to do in response. Is there a sin to avoid, a promise to trust, an example to follow, a command to obey, or knowledge about God and his plan that changes, challenges, or comforts you? How will you apply this passage to your life today?

### **DEVOTE TO PRAYER**

Finally, close by writing a simple prayer of devotion to God, praising him for who he is and thanking him for what he has done for you. Ask that, through the power of the Holy Spirit, his truth would bear fruit in your life as you trust in and follow Jesus.

**BREAD**

**BLESS: Pray & Listen**

**DAY 1:**

- No one can come to me unless the Father who sent me draws him.  
John 6:44

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**BE STILL**

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**READ**

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**EXAMINE**

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**APPLY**

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**DEVOTE TO PRAYER**

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**BREAD**

**BLESS: Pray & Listen**

**DAY 2:**

- One who heard us was a woman named Lydia, from the city of Thyatira, a seller of purple goods, who was a worshiper of God. The Lord opened her heart to pay attention to what was said by Paul. Acts 16:14

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**BE STILL**

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**READ**

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**EXAMINE**

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**APPLY**

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**DEVOTE TO PRAYER**

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**BREAD**

**BLESS: Pray & Listen**

**DAY 3:**

- I call upon you, for you will answer me. Incline your ear to me, hear my words. Psalm 17:6

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**BE STILL**

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**READ**

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**EXAMINE**

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**APPLY**

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**DEVOTE TO PRAYER**

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