



## 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 scripture.

### **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.

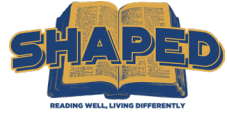
### **APPLY**

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**  
**God Has Spoken**



**DAY 1:**

In the beginning, God created the heavens and the earth. The earth was without form and void, and darkness was over the face of the deep. And the Spirit of God was hovering over the face of the waters. And God said, “Let there be light,” and there was light. Genesis 1:1-3

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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**

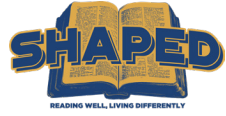
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**BREAD**  
**God Has Spoken**



**DAY 2:**

For what can be known about God is plain to them, because God has shown it to them. For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse. Romans 1:19-20

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**BE STILL**

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**EXAMINE**

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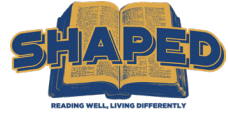
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**BREAD**  
**God Has Spoken**



**DAY 3:**

Long ago, at many times and in many ways, God spoke to our fathers by the prophets, but in these last days he has spoken to us by his Son, whom he appointed the heir of all things, through whom also he created the world. He is the radiance of the glory of God and the exact imprint of his nature, and he upholds the universe by the word of his power. Hebrews 1:1-3

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**EXAMINE**

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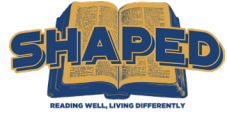
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**BREAD**  
**God Has Spoken**



**DAY 4:**

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through him, and without him was not any thing made that was made... And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth. John 1:1-3, 14

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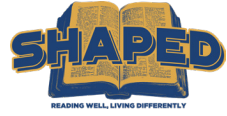
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**BREAD**  
**God Has Spoken**



**DAY 5:**

You search the Scriptures because you think that in them you have eternal life; and it is they that bear witness about me, yet you refuse to come to me that you may have life.  
John 5:39-40

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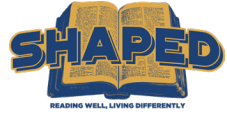
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**BREAD**  
**God Has Spoken**



**DAY 6:**

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. Hebrews 4:12

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