



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.

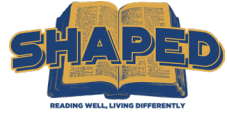
APPLY

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
Learning to Listen Well



DAY 1:
Your word is a lamp to my feet and a light to my path. Psalm 119:105

BE STILL

READ

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EXAMINE

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APPLY

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DEVOTE TO PRAYER

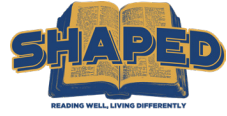
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BREAD
Learning to Listen Well



DAY 2:

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work. 2 Timothy 3:16-17

BE STILL

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EXAMINE

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APPLY

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DEVOTE TO PRAYER

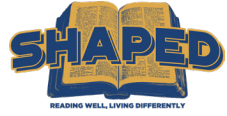
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BREAD
Learning to Listen Well



DAY 3:

But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like. But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing. James 1:22-25

BE STILL

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EXAMINE

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APPLY

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DEVOTE TO PRAYER

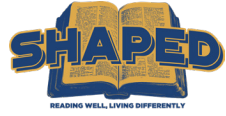
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BREAD
Learning to Listen Well



DAY 4:

My son, if you receive my words and treasure up my commandments with you, making your ear attentive to wisdom and inclining your heart to understanding; yes, if you call out for insight and raise your voice for understanding, if you seek it like silver and search for it as for hidden treasures, then you will understand the fear of the Lord and find the knowledge of God. Proverbs 2:1-5

BE STILL

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EXAMINE

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APPLY

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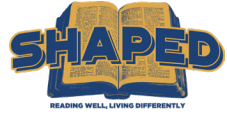
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BREAD
Learning to Listen Well



DAY 5:

Open my eyes, that I may behold wondrous things out of your law. Psalm 119:18

BE STILL

READ

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EXAMINE

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APPLY

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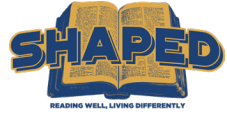
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BREAD
Learning to Listen Well



DAY 6:

When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. John 16:13

BE STILL

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EXAMINE

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APPLY

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DEVOTE TO PRAYER

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