



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.

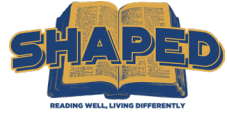
APPLY

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 the Language



DAY 1:

My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning? O my God, I cry by day, but you do not answer, and by night, but I find no rest. Yet you are holy, enthroned on the praises of Israel. In you our fathers trusted; they trusted, and you delivered them. Psalm 22:1-4

BE STILL

READ

.....

.....

.....

.....

.....

.....

EXAMINE

.....

.....

.....

.....

.....

.....

APPLY

.....

.....

.....

.....

.....

.....

DEVOTE TO PRAYER

.....

.....

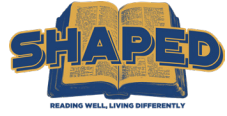
.....

.....

.....

.....

BREAD
Learning the Language



DAY 2:

Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Be not wise in your own eyes; fear the Lord, and turn away from evil. Proverbs 3:5-7

BE STILL

READ

.....

.....

.....

.....

.....

EXAMINE

.....

.....

.....

.....

.....

APPLY

.....

.....

.....

.....

DEVOTE TO PRAYER

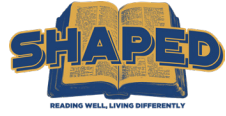
.....

.....

.....

.....

BREAD
Learning the Language



DAY 3:

Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed. All we like sheep have gone astray; we have turned — every one — to his own way; and the Lord has laid on him the iniquity of us all.

Isaiah 53:4-6

BE STILL

READ

.....

.....

.....

.....

.....

EXAMINE

.....

.....

.....

.....

.....

APPLY

.....

.....

.....

DEVOTE TO PRAYER

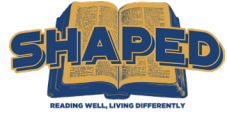
.....

.....

.....

.....

BREAD
Learning the Language



DAY 4:

On the last day of the feast, the great day, Jesus stood up and cried out, “If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, ‘Out of his heart will flow rivers of living water.’” John 7:37-38

BE STILL

READ

.....

.....

.....

.....

.....

.....

EXAMINE

.....

.....

.....

.....

.....

.....

APPLY

.....

.....

.....

.....

.....

.....

DEVOTE TO PRAYER

.....

.....

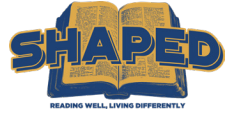
.....

.....

.....

.....

BREAD
Learning the Language



DAY 5:

And he said, “There was a man who had two sons. And the younger of them said to his father, ‘Father, give me the share of property that is coming to me.’ And he divided his property between them... But while he was still a long way off, his father saw him and felt compassion, and ran and embraced him and kissed him.” Luke 15:11-12, 20

BE STILL

READ

.....

.....

.....

.....

.....

EXAMINE

.....

.....

.....

.....

.....

APPLY

.....

.....

.....

.....

.....

DEVOTE TO PRAYER

.....

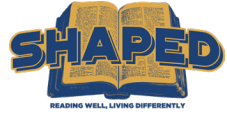
.....

.....

.....

.....

BREAD
Learning the Language



DAY 6:

Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away... He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away. And he who was seated on the throne said, "Behold, I am making all things new." Revelation 21:1, 4-5

BE STILL

READ

.....

.....

.....

.....

.....

EXAMINE

.....

.....

.....

.....

.....

APPLY

.....

.....

.....

.....

.....

DEVOTE TO PRAYER

.....

.....

.....

.....

.....