



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 prayer.

## **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**

**Praying with Others**

**DAY 1:**

- And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God; being strengthened with all power, according to his glorious might, for all endurance and patience with joy; giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light. Colossians 1:9-12

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**EXAMINE**

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**APPLY**

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**DEVOTE TO PRAYER**

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**BREAD**  
**Praying with Others**

**DAY 2:**

- And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask him. Matthew 6:7-8

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**APPLY**

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**DEVOTE TO PRAYER**

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**BREAD**

**Praying with Others**

**DAY 3:**

- Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. James 5:13-16

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**EXAMINE**

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**APPLY**

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**DEVOTE TO PRAYER**

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