



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 sabbath.

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
A Holy Rebellion



DAY 1:

- You yourselves have seen what I did to the Egyptians, and how I bore you on eagles wings and brought you to myself...You shall be my treasured possession among all peoples...a kingdom of priests and a holy nation. Exodus 19:4-6
- For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy. Exodus 20:11

BE STILL

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EXAMINE

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APPLY

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DEVOTE TO PRAYER

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BREAD
A Holy Rebellion



- DAY 2:
- When you look up to the sky...all the heavenly array...do not be enticed to bowing down to them or worshipping [them]...But...the LORD...brought you out of the iron-smelting furnace...out of Egypt, to be the people of his inheritance. Deuteronomy 4:19-20
 - They rebelled against me...nor did they forsake the idols of Egypt. Ezekiel 20:8

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EXAMINE

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A Holy Rebellion



DAY 3:

- Observe the Sabbath day, to keep it holy, as the LORD commanded you. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your female servant may rest as well as you. You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day. Deuteronomy 5:12-15.

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DAY 4:

- You shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is like this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these. Mark 12:30-31

BE STILL

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BREAD
A Holy Rebellion



DAY 5:

- Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart and you will find rest for your souls. For my yoke is easy, and my burden is light. Matthew 11:28-30

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