



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 simplicity.

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
The Gift of Limits



DAY 1:
Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden’?” The woman said to the serpent, “We may eat fruit from the trees in the garden, but God did say, ‘You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.’” “You will not certainly die,” the serpent said to the woman. “For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.” When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves. Genesis 3:1-7 (NIV)

BE STILL

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APPLY

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DEVOTE TO PRAYER

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BREAD
The Gift of Limits



DAY 2:
And Jesus answered him, “It is written, ‘You shall worship the Lord your God, and him only shall you serve.’” Luke 4:8

BE STILL

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DEVOTE TO PRAYER

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BREAD

The Gift of Limits



DAY 3:
Remove far from me falsehood and lying; give me neither poverty nor riches;
feed me with the food that is needful for me, lest I be full and deny you and say,
“Who is the Lord?” or lest I be poor and steal and profane the name of my God.
Proverbs 30:8-9

BE STILL

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DEVOTE TO PRAYER

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BREAD

The Gift of Limits



DAY 4:
“Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.” Matthew 6:19-21

BE STILL

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BREAD

The Gift of Limits



DAY 5:

And when a great crowd was gathering and people from town after town came to him, he said in a parable, “A sower went out to sow his seed. And as he sowed, some fell along the path and was trampled underfoot, and the birds of the air devoured it. And some fell on the rock, and as it grew up it withered away, because it had no moisture. And some fell among thorns, and the thorns grew up with it and choked it. And some fell into good soil and grew and yielded a hundredfold. As he said these things, he called out, “He who has ears to hear, let him hear.” And when his disciples asked him what this parable meant, he said, “To you it has been given to know the secrets of the kingdom of God, but for others they are in parables, so that seeing they may not see, and hearing, they may not understand. Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts, so that they may not believe and be saved. And the ones on the rock are those who hear, but as they go on their way they are choked by the cares and riches and pleasures of life, and their fruit does not mature. As for that in the good soil, they are those who, hearing the word, hold fast in an honest and good heart, and bear fruit with patience. Luke 8:14-15

BE STILL

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BREAD

The Gift of Limits



DAY 6:
And all who believed were together and had all things in common. And they were selling their possessions and belongings and distributing the proceeds to all, as any had need. 2:44-15

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