



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
Living with a Surrendered Heart



DAY 1:
The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly. John 10 : 10

BE STILL

READ

.....

.....

.....

.....

.....

EXAMINE

.....

.....

.....

.....

.....

APPLY

.....

.....

.....

DEVOTE TO PRAYER

.....

.....

.....

.....

BREAD
Living with a Surrendered Heart



DAY 2:
You shall love the Lord your God with all your heart and with all your soul and with all your might. Deuteronomy 6 : 5

BE STILL

READ

.....

.....

.....

.....

.....

EXAMINE

.....

.....

.....

.....

.....

APPLY

.....

.....

.....

.....

DEVOTE TO PRAYER

.....

.....

.....

.....

BREAD
Living with a Surrendered Heart



DAY 3:
And he said to him, “You shall love the Lord your God with all your heart
and with all your soul and with all your mind.” Matthew 22 : 37

BE STILL

READ

.....

.....

.....

.....

.....

EXAMINE

.....

.....

.....

.....

.....

APPLY

.....

.....

.....

.....

DEVOTE TO PRAYER

.....

.....

.....

.....

BREAD
Living with a Surrendered Heart



DAY 4:
For the love of money is a root of all kinds of evils. It is through this craving that some have wandered away from the faith and pierced themselves with many pangs. 1 Timothy 6 : 10

BE STILL

READ

.....

.....

.....

.....

.....

EXAMINE

.....

.....

.....

.....

.....

APPLY

.....

.....

.....

DEVOTE TO PRAYER

.....

.....

.....

.....

BREAD
Living with a Surrendered Heart



DAY 5:
But seek first the kingdom of God and his righteousness, and all these things will be added to you. Matthew 6 : 33

BE STILL

READ

.....

.....

.....

.....

.....

EXAMINE

.....

.....

.....

.....

.....

APPLY

.....

.....

.....

DEVOTE TO PRAYER

.....

.....

.....

.....

BREAD
Living with a Surrendered Heart



DAY 6:
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

BE STILL

READ

.....

.....

.....

.....

.....

EXAMINE

.....

.....

.....

.....

.....

APPLY

.....

.....

.....

.....

DEVOTE TO PRAYER

.....

.....

.....

.....