



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
Creating Space



DAY 1:
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. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself.” Matthew 22:37–39

BE STILL

READ

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EXAMINE

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APPLY

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DEVOTE TO PRAYER

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BREAD
Creating Space



DAY 2:
No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money. Matthew 6 : 24

BE STILL

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EXAMINE

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APPLY

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DEVOTE TO PRAYER

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DAY 3:
Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her." Luke 10 : 38-42

BE STILL

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EXAMINE

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APPLY

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DEVOTE TO PRAYER

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BREAD
Creating Space



DAY 4:
The end of the matter; all has been heard. Fear God and keep his commandments, for this is the whole duty of man. Ecclesiastes 12:13

BE STILL

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EXAMINE

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APPLY

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DEVOTE TO PRAYER

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BREAD
Creating Space



DAY 5:
I am the vine; you are the branches. Whoever abides in me and I in him,
he it is that bears much fruit, for apart from me you can do nothing.
John 15 : 5

BE STILL

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EXAMINE

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APPLY

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DEVOTE TO PRAYER

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DAY 6:
A new commandment I give you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another. John 13:34-35

BE STILL

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EXAMINE

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APPLY

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