

“Man shall not live by bread alone, but by every word that comes from the mouth of God.”

— Matthew 4:4

B . R . E . A . D .

Jesus acknowledges in Matthew 4:4 that, while physical bread nourishes our bodies, we must look to the word of God to nourish our souls.

The BREAD acronym is a tool designed to help you slow down and prayerfully read the Bible instead of racing through the text each day. Use a journal to guide your time with God as you seek to grow as a fully devoted follower of Jesus Christ.

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.

FOR MORE RESOURCES TO HELP
YOU ENGAGE THE BIBLE:



JANUARY-MARCH

READING SCHEDULE

JANUARY

M	1/22	Luke 1
T	1/23	Luke 2
W	1/24	Luke 3
T	1/25	Luke 4
F	1/26	Luke 5
S	1/27	Psalm 1
S	1/28	—————
M	1/29	Luke 6
T	1/30	Luke 7
W	1/31	Luke 8

FEBRUARY

T	2/1	Luke 9
F	2/2	Luke 10
S	2/3	Luke 11
S	2/4	—————
M	2/5	Luke 12
T	2/6	Luke 13
W	2/7	Luke 14
T	2/8	Luke 15
F	2/9	Luke 16
S	2/10	Psalm 23
S	2/11	—————
M	2/12	Luke 17
T	2/13	Luke 18
W	2/14	Luke 19
T	2/15	Luke 20
F	2/16	Luke 21
S	2/17	Luke 22
S	2/18	—————
M	2/19	Luke 23
T	2/20	Luke 24
W	2/21	Acts 1
T	2/22	Acts 2
F	2/23	Acts 3
S	2/24	Psalm 31
S	2/25	—————

M	2/26	Acts 4
T	2/27	Acts 5
W	2/28	Acts 6
T	2/29	Acts 7

MARCH

F	3/1	Acts 8
S	3/2	Acts 9
S	3/3	—————
M	3/4	Acts 10
T	3/5	Acts 11
W	3/6	Acts 12
T	3/7	Acts 13
F	3/8	Acts 14
S	3/9	Psalm 100
S	3/10	—————
M	3/11	Acts 15
T	3/12	Acts 16
W	3/13	Acts 17
T	3/14	Acts 18
F	3/15	Acts 19
S	3/16	Acts 20
S	3/17	—————
M	3/18	Acts 21
T	3/19	Acts 22
W	3/20	Acts 23
T	3/21	Acts 24
F	3/22	Acts 25
S	3/23	Psalm 25
S	3/24	—————
M	3/25	Acts 26
T	3/26	Acts 27
W	3/27	Acts 28
T	3/28	Romans 1
F	3/29	Romans 2
S	3/30	Psalm 5
S	3/31	—————

