

# Solitude Practice

## BREAD Bible Reading

Our current world forms us to read most things we read for information. We scan the headlines for news information relevant to our lives. We read articles or how-to books looking for best practices on all kinds of subjects. And none of it is designed to help us slow down and pay attention. Yet, the Bible is not just a book of information; it's God's holy Word to us. Our default way of reading the Bible will often be to read for information, looking for pro-tips or interesting facts. Yet, God is inviting us to hear from Him through His Word; to see Jesus and be changed by His Spirit. This means we're invited to read His Word relationally and the BREAD method of Bible reading is designed to help you do this. Modeled after the ancient Christian practice of Lectio Divina (Divine Reading), the BREAD method helps you slow down, pay attention, and be ready to receive God's Word as you encounter Jesus through the Scriptures.

Find a quiet space, set aside distractions like your phone, and open your Bible. It's best if you can use your physical Bible and not your phone as your phone can often distract.

**Open your Bible and turn to a story in the Gospels.**

### **B- Be Still**

Find a place where you can encounter God and then take a minute in stillness. Come into God's presence, slow down, relax, and intentionally release the chaos and noise in your mind to Him. Take a few minutes to settle into this silence. As internal noise rises in your heart, entrust it to your Father. Ask the Spirit to open your eyes and speak through His Word.

### **R- Read**

Read the Bible passage slowly (out loud, if possible). As you read, pay attention to what stands out or grabs your attention. Write that verse or phrase down.

## ***BREAD Reading Continued...***

### **E- Encounter**

Read the passage slowly again, imagining that you're there and encountering Jesus through it. Imagine yourself on the scene, seeing what Jesus is saying or doing first-hand. Your goal is to look at God first-hand through the passage.

### **A- Apply**

Read the passage slowly a third time, asking the Spirit to reveal what He wants you to see or hear from God. If you encounter silence, that's okay. The Spirit may bring conviction, encouragement, hope, or even a call to action. Is there something the Spirit is calling you to do?

### **D- Devote**

End your time in prayer, devoting yourself and your day to God. Ask for the Spirit's power to live in light of His Word. Consider writing a word or a phrase down to carry with you during the day as a reminder to your busy (forgetful, and/or easily distracted) heart and mind.