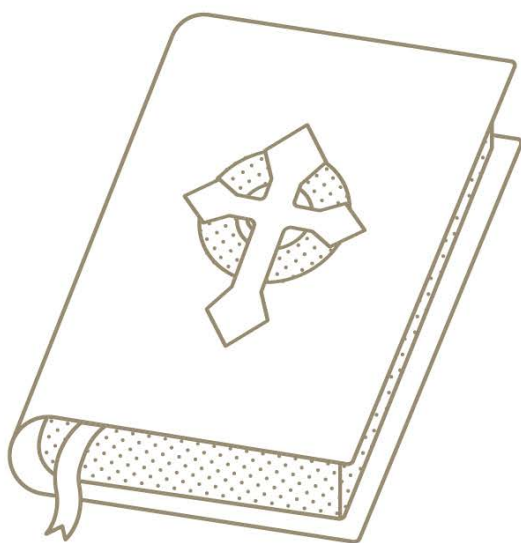


# BREAD

LIVING IN THE STORY OF GOD



## Finishing 2020 Well Together

While the Apostle Paul sat isolated in a jail cell waiting for the edict to come down on his future, he penned a letter to Timothy, the young man whom he pastored, mentored, and poured his life into. In what we know as 2 Timothy, we see Paul identify some key things to focus on in life, no matter what the situation. It's kind of like a "No matter what, Timothy, keep these things in your life." In what seems to be the pinnacle of Paul's wisdom, he reveals:

*"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work." (2 Timothy 3:16-17)*

For many, these familiar verses have become a sort of proof for a belief about the Bible, but in fact it's a lifeline for all believers and an integral part of true life change and growth. In this moment of separation, Paul implores Timothy to lean on God's word, and we are doing the same.

This fall, we would like for all who call Reality SF home to join together in a rule of life that allows the God-breathed Scriptures to hold us, challenge us, and change us together. We would like to invite you into embracing a rule of life starting on September 21st that includes daily times in God's Word, a weekly fast on Wednesday, and a weekly Sabbath.

We will be joining other believers around the world — including King's Cross Church in London, Trinity Grace Church in Williamsburg, and all who follow BibleProject's reading plan — in a daily approach to Scripture using the acronym B.R.E.A.D. to guide us. As you can see in this booklet, this gives us a consistent encounter with Scripture privately that will set us up to have great and substantive conversations publicly. Powerful things happen when God's people share His truth together.

We are going to focus on the Epistles during this season because they offer us an applicable and relevant guide to our own current experience. The Epistles were written by apostles separated from groups of believers who sprung out of their ministry. We will see that our faith and trust need to be in God, and how that faith forms and shapes how we can love each other even though we are apart.

We hope that this guide and rule of life will help us all to finish 2020 well in the midst of an overwhelming amount of hurdles, pain, and isolation. So let's open up the Scriptures together, devour them, devote our day to God, and press on, expectant that we'll be changed, challenged, and transformed as we live in and live out the story of God.

Rather than racing through the text each day, we're going to use an acronym to help us slow down and delve deeper into the passage. Each day we'll be following the pattern of BREAD:

### Be still

Find a place where you can encounter God, ask him to fill the space and then take a minute in stillness. Focus on slowing your breathing down and calming your mind. Fix your eyes on Jesus and invite the Holy Spirit to guide your time.

### Read

Read through the passage for the day, if the video logo is there then also watch the short video on the YouVersion App. Read through the passage again slowly. Look for one verse that stands out, grabs your attention or interests you. Write out that verse in the read section.

### Encounter

Taking your chosen verse begin to meditate on it. What comes to mind and how does it make you feel? What do you think God is trying to reveal through this verse and allow him to speak to your heart and mind. Write a short reflection on what you think he might be saying.

### Apply

Now, turn your focus outwards, think about how you might be able to apply this to your day and write down the one thing you're going to try and live out.

### Devote

Finally, close by writing a simple prayer of devotion to God. Ask that God would fill you afresh and commit your day to him.

Each day, as you finish this practice, add a title to the top of the page summing up what you took away from your reading. Write the title in the index page as well so you can refer back to it easily.

As we go on this journey of reading the Scripture together, we're going to follow the New Testament Bible Project plan. The passage for the day will be listed on each page, but you can also find them by downloading the plan from YouVersion. On the YouVersion app you'll also find the devotional videos to watch alongside some of the readings.

Day entry example

Title **Embracing the warmth of The Sun**

Be still

Read Psalm 19:6 (The sun) rises at one end of the heavens and makes its circuit to the other, nothing is deprived of its warmth.

Encounter The glory of God is revealed in the sun, our source of light.

But Jesus said, "I am the light of the world." In him, the people walking in darkness saw a great light. This is a promise that no-one need be deprived of his warmth. So step out of the shadows, into the light, and be drenched in both the warmth and colour of his love.

Apply What does it look like to step outside of the shadows? It means to come towards Jesus, the light, and enjoy his warmth. Enjoy the beauty of his creation. Walk in green spaces. Kick some leaves. And pause every so often to spiritually turn your gaze heavenwards to thank God for his beauty, and connect to the love that gave birth to such beauty. Allow that love to permeate your inner being.

Devote Father, I devote this day to you. Invade my heart with the warmth of your Son. Amen.

21st September

20  
20

31st December



Title

Be still

Read: 2 Timothy 3:14-17

Encounter

Apply

Devote

Title



Be still

Read: Galatians 1

Encounter

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Devote

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Read: Galatians 2

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Read: Hebrews 10:1-18

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Read: Hebrews 10:19-39

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Title

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Encounter

Apply

Devote

Title

Be still

Read: Revelation 22

Encounter

Apply

Devote

Title

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Read: Psalm 121

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Encounter

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Apply

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Devote

Index

Write your title for each day below

2 Timothy 3:14-17	Page 1
Galatians 1	Page 2
Galatians 2	Page 3
Galatians 3	Page 4
Galatians 4	Page 5
Galatians 5	Page 6
Galatians 6	Page 7
Ephesians 1	Page 8
Ephesians 2	Page 9
Ephesians 3	Page 10
Ephesians 4	Page 11
Ephesians 5	Page 12
Ephesians 6	Page 13
Philippians 1	Page 14
Philippians 2	Page 15
Philippians 3	Page 16
Philippians 4	Page 17
Colossians 1	Page 18
Colossians 2	Page 19
Colossians 3	Page 20
Colossians 4	Page 21
1 Thessalonians 1	Page 22
1 Thessalonians 2	Page 23
1 Thessalonians 3	Page 24
1 Thessalonians 4	Page 25
1 Thessalonians 5	Page 26
2 Thessalonians 1	Page 27

Index

2 Thessalonians 2	Page 28
2 Thessalonians 3	Page 29
1 Timothy 1	Page 30
1 Timothy 2	Page 31
1 Timothy 3	Page 32
1 Timothy 4	Page 33
1 Timothy 5	Page 34
1 Timothy 6	Page 35
2 Timothy 1	Page 36
2 Timothy 2	Page 37
2 Timothy 3	Page 38
2 Timothy 4	Page 39
Titus 1	Page 40
Titus 2	Page 41
Titus 3	Page 42
Philemon 1	Page 43
Hebrews 1	Page 44
Hebrews 2	Page 45
Hebrews 3	Page 46
Hebrews 4	Page 47
Hebrews 5	Page 48
Hebrews 6	Page 49
Hebrews 7	Page 50
Hebrews 8	Page 51
Hebrews 9	Page 52
Hebrews 10:1-18	Page 53
Hebrews 10:19-39	Page 54



Index

Hebrews 11:1-16	Page 55
Hebrews 11:17-40	Page 56
Hebrews 12	Page 57
Hebrews 13	Page 58
James 1	Page 59
James 2	Page 60
James 3	Page 61
James 4	Page 62
James 5	Page 63
1 Peter 1	Page 64
1 Peter 2	Page 65
1 Peter 3	Page 66
1 Peter 4	Page 67
1 Peter 5	Page 68
2 Peter 1	Page 69
2 Peter 2	Page 70
2 Peter 3	Page 71
1 John 1	Page 72
1 John 2	Page 73
1 John 3	Page 74
1 John 4	Page 75
1 John 5	Page 76
2 John 1	Page 77
3 John 1	Page 78
Jude 1	Page 79
Revelation 1	Page 80
Revelation 2	Page 81

Index

Revelation 3	Page 82
Revelation 4	Page 83
Revelation 5	Page 84
Revelation 6	Page 85
Revelation 7	Page 86
Revelation 8	Page 87
Revelation 9	Page 88
Revelation 10	Page 89
Revelation 11	Page 90
Revelation 12	Page 91
Revelation 13	Page 92
Revelation 14	Page 93
Revelation 15	Page 94
Revelation 16	Page 95
Revelation 17	Page 96
Revelation 18	Page 97
Revelation 19	Page 98
Revelation 20	Page 99
Revelation 21	Page 100
Revelation 22	Page 101
Psalms 121	Page 102



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