



REALITY

BREAD 2024

As you participate in the practice of reading the scriptures daily over this next year, we pray that you would encounter the living God through His living text. That you, being rooted and established in love, have power, together with all the Lord's holy people, to grasp how wide and long, and high and deep is the love of Christ.

Below you will find our modern take on Lectio Divina: an ancient approach of prayerfully engaging with Scriptures in order to hear God's personal word to you. In each movement of BREAD, we encourage you to be present to the Spirit, because what we seek is not simply information, or even motivation, but communion and union with God.

Be still

Find a place where you can encounter God, ask him to fill the space, and then take a moment in stillness. Fix your eyes on Jesus and invite the Holy Spirit to guide your time.

Read

Read through the passage for the day with an open mind and heart allowing the words to settle into your being. Reread the passage again slowly. Ask a few questions as you reread. You can find these in the How To Use This Journal 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 to you through this verse? Allow him to speak to your heart and mind.

Apply

Now, turn your focus outward; think about how you might be able to apply this to your day. 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 God to fill you afresh and commit your day to him.

Season After Epiphany

You Stand on Holy Ground

01.07, 1st Sunday after Epiphany

Sun: Psalm 114

Mon: Genesis 1:24-31

Tues: Exodus 3:1-6

Wed: Psalm 77:11-20

Thurs: 1 Samuel 3:1-10

Fri: Matthew 2:1-12

Sat: Colossians 1:15-23

The Kingdom of God is Among You

01.14, Season after Epiphany

Sun: Psalm 24

Mon: Luke 17:20-21

Tues: Mark 12:41-44

Wed: Psalm 145

Thurs: Matthew 5:1-12

Fri: Deuteronomy 30:11-14

Sat: Hebrews 12:18-29

The Extraordinary in the Ordinary

01.21, Season after Epiphany

Sun: Psalm 104

Mon: Colossians 2:1-6

Tues: Matthew 17:1-13

Wed: Genesis 21:1-7

Thurs: 2 Corinthians 4:1-15

Fri: Isaiah 51:1-16

Sat: Hebrews 4:14-16

Behold the Beauty of the Lord

01.28, Season after Epiphany

Sun: Psalm 97

Mon: Deuteronomy 4:31-39

Tues: Psalm 93

Wed: Isaiah 40:10-31

Thurs: Matthew 27:27-31

Fri: Romans 15:7-13

Sat: Hebrews 1:1-9

Be Still

02.04, Season after Epiphany

Sun: Psalm 46

Mon: Deuteronomy 8

Tues: Ecclesiastes 9:11-18

Wed: Psalm 4

Thurs: Mark 9:2-13

Fri: Luke 4:35-41

Sat: Luke 12:22-32

The Time is Ripe

02.11, Last Sunday after Epiphany

Sun: Psalm 126

Mon: Ecclesiastes 3:1-8

Tues: 2 Chronicles 7:11-21

Wed: Isaiah 61:1-4

Thurs: Psalm 95:1-7

Fri: Luke 1:67-79

Sat: Ephesians 5:8-15

Season of Lent

We Shall All Be Changed

02.18, 1st Sunday in Lent

Sun: Psalm 30

Mon: Genesis 32:22-32

Tues: Exodus 34:27-35

Wed: Isaiah 43:18-25

Thurs: Psalm 36:5-10

Fri: Luke 19:1-10

Sat: Colossians 3:1-11

Put a New & Right Spirit Within Me

02.25, 2nd Sunday in Lent

Sun: Psalm 31

Mon: Ezekiel 37:1-14

Tues: Joel 2:12-13

Wed: Psalm 51

Thurs: Luke 15:11-32

Fri: John 16:12-15

Sat: Romans 6:1-14

Vulnerability

03.03, 3rd Sunday in Lent

Sun: Psalm 125

Mon: 2 Samuel 12:1-15

Tues: Ruth 1:1-18

Wed: Isaiah 53

Thurs: Matthew 4:1-11

Fri: Luke 22:63-71

Sat: John 18:1-14

The Gift of Tears

03.10, 4th Sunday in Lent

Sun: Psalm 38

Mon: Genesis 43:16-34

Tues: Luke 19:29-44

Wed: Philippians 3:12-21

Thurs: 1 Samuel 24:8-22

Fri: Luke 22:47-62

Sat: John 11:17-44

Letting Go

03.17, 5th Sunday in Lent

Sun: Psalm 55

Mon: Isaiah 41:10-13

Tues: Proverbs 3:3-8

Wed: Matthew 6:25-34

Thurs: Romans 8:31-39

Fri: Philippians 4:10-13

Sat: Hebrews 12:1-2

Impasse

03.24, Palm Sunday

Sun: Psalm 43

Mon: Exodus 14:1-19

Tues: Haggai 2:1-9

Wed: Psalm 53

Thurs: Lamentations 4

Fri: John 10:22-33

Sat: James 4:1-10

Mystery

03.31, Easter Sunday

Sun: Psalm 80

Mon: Genesis 18:1-15

Tues: Isaiah 6:1-7

Wed: Psalm 64

Thurs: Daniel 2:24-45

Fri: John 20:1-18

Sat: 1 Corinthians 15:35-58

Count It All Joy

04.07, 2nd Sunday of Easter

Sun: Psalm 47

Mon: Nehemiah 8:1-12

Tues: Isaiah 65:17-25

Wed: Psalm 63

Thurs: John 15:1-11

Fri: James 1:2-18

Sat: 2 Corinthians 8:1-15

In the World But Not of It

04.14, 3rd Sunday of Easter

Sun: Psalm 120

Mon: Exodus 14:21-31

Tues: Leviticus 26:9-13

Wed: Joshua 24:13-18

Thurs: Luke 6:39-49

Fri: John 17:10-23

Sat: Ephesians 2:1-10

Creativity

04.21, 4th Sunday of Easter

Sun: Psalm 8

Mon: Genesis 1:1-5

Tues: Job 26:5-14

Wed: Isaiah 45:16-19

Thurs: Luke 1:26-38

Fri: Matthew 28:1-10

Sat: 1 Peter 2:2-9

Singleness of Heart

04.28, 5th Sunday of Easter

Sun: Psalm 26

Mon: Deuteronomy 10:12-22

Tues: 1 Chronicles 28:1-10

Wed: Jeremiah 29:8-14

Thurs: Luke 18:18-30

Fri: John 15:12-17

Sat: 2 Timothy 4:1-8

For the Life of the World

05.05, 6th Sunday of Easter

Sun: Psalm 146

Mon: Exodus 16:1-15

Tues: Deuteronomy 5:1-22

Wed: Jeremiah 31:1-13

Thurs: Mark 1:35-39

Fri: John 6:48-51

Sat: 1 John 4:9-12

The Things That Make for Peace

05.12, 7th Sunday of Easter

Sun: Psalm 85

Mon: Deuteronomy 30:15-20

Tues: Psalm 34:11-13

Wed: Micah 6:1-8

Thurs: Matthew 5:38-42

Fri: John 14:21-27

Sat: Ephesians 2:11-22

Power from on High

05.19, Pentecost Sunday

Sun: Psalm 91

Mon: Exodus 2:15-25

Tues: 2 Kings 2:1-22

Wed: Micah 3

Thurs: Psalm 68:28-35

Fri: Luke 24:36-53

Sat: Ephesians 3:14-21

Ordinary Time

The Freedom of the Christian

05.26, Trinity Sunday: 1st Sunday after Pentecost

Sun: Psalm 40

Mon: Daniel 3:8-18

Tues: Psalm 32

Wed: John 10:1-18

Thurs: 1 Corinthians 10:14-33

Fri: Galatians 5:1-15

Sat: 1 Peter 2:9-25

Many Gifts

06.02, Ordinary Time

Sun: Psalm 23

Mon: Genesis 2:15-24

Tues: Exodus 4:10-17

Wed: Numbers 11:10-17

Thurs: Isaiah 42:1-9

Fri: Mark 1:1-11

Sat: 1 Corinthians 12:4-11

Ambassadors of Reconciliation

06.09, Ordinary Time

Sun: Psalm 41

Mon: Leviticus 25:8-22

Tues: Hosea 2:14-23

Wed: Psalm 94

Thurs: John 18:15-18, 25-27; 21:15-19

Fri: Galatians 6:1-10

Sat: 2 Corinthians 5:11-21

Turning the World Upside Down

06.16, Ordinary Time

Sun: Psalm 49

Mon: Deuteronomy 24:10-22

Tues: Isaiah 29:13-24

Wed: Psalm 10

Thurs: Matthew 19:16-22

Fri: Mark 10:23-31

Sat: 1 Corinthians 11:17-34a

Time of Trial

06.23, Ordinary Time

Sun: Psalm 37

Mon: Exodus 17:1-7

Tues: Esther 8

Wed: Psalm 18

Thurs: Daniel 1

Fri: Mark 13:3-13

Sat: 1 Peter 1:12-19

Suffering

06.30, Ordinary Time

Sun: Psalm 138

Mon: Genesis 3:1-13

Tues: 2 Samuel 22:1-20

Wed: Job 3:1-10

Thurs: Isaiah 58:1-12

Fri: Mark 15:1-37

Sat: 1 Peter 5:1-11

Perseverance

07.07, Ordinary Time

Sun: Psalm 71

Mon: Ezekiel 36:22-36

Tues: Proverbs 7:1-3

Wed: Luke 21:5-19

Thurs: Acts 5:12-42

Fri: 2 Corinthians 6:1-10

Sat: Philippians 3:1-12

Loneliness

07.14, Ordinary Time

Sun: Psalm 102

Mon: Genesis 18:22-33

Tues: 1 Kings 19:1-18

Wed: Psalm 27:7-14

Thurs: Mark 14:32-50

Fri: Acts 2:22-36

Sat: Romans 11:1-6

Fear Not

07.21, Ordinary Time

Sun: Psalm 3

Mon: 2 Kings 6:8-23

Tues: Isaiah 12:1-6

Wed: Psalm 56

Thurs: Matthew 14:22-33

Fri: Hebrews 13:1-6

Sat: 1 John 4:13-21

Forgiveness

07.28, Ordinary Time

Sun: Psalm 32

Mon: Genesis 45:1-15

Tues: Exodus 10:12-20

Wed: Matthew 18:21-35

Thurs: John 8:1-11

Fri: Colossians 3:12-17

Sat: 1 Timothy 1:12-17

Pray for One Another

08.04, Ordinary Time

Sun: Psalm 143

Mon: Nehemiah 1:1-11

Tues: Matthew 5:43-48, 6:5-15

Wed: Luke 11:5-13

Thurs: Luke 22:31-34

Fri: Colossians 1:3-14

Sat: James 5:13-20

Contemplative Life

08.11, Ordinary Time

Sun: Psalm 25

Mon: Leviticus 23:1-3

Tues: Psalm 62:1-2, 5-8

Wed: Psalm 48:9-11

Thurs: Matthew 26:36-44

Fri: Acts 10:9-33

Sat: Ephesians 1:15-19

Discernment

08.18, Ordinary Time

Sun: Psalm 139
Mon: 1 Kings 3:10-14
Tues: Daniel 2:17-23
Wed: Mark 10:17-22
Thurs: John 8:12-20
Fri: Ephesians 4:7-16
Sat: Philippians 1:3-11

Wisdom

08.25, Ordinary Time

Sun: Psalm 111
Mon: 2 Chronicles 1:7-13
Tues: Job 28:12-28
Wed: Proverbs 2:1-15, 20-22
Thurs: Matthew 18:1-5
Fri: 1 Corinthians 2:6-16
Sat: James 1:19-27

Mind Your Call

09.01, Ordinary Time

Sun: Psalm 29
Mon: Exodus 3:7-12
Tues: 1 Samuel 3:11-21
Wed: Jonah 1:1-3 & 3
Thurs: Matthew 4:18-22
Fri: Luke 8:4-15
Sat: Acts 10:1-8

Practicing the Presence of God

09.08, Ordinary Time

Sun: Psalm 132
Mon: Exodus 33:7-23
Tues: Isaiah 63:7-14
Wed: Joel 2:18-27
Thurs: Matthew 1:18-25
Fri: Luke 24:13-35
Sat: Revelation 21:1-7

Attentiveness

09.15, Ordinary Time

Sun: Psalm 66
Mon: Isaiah 48:12-19
Tues: Jeremiah 6:16-19
Wed: Ezekiel 11:17-20
Thurs: Mark 4:21-25
Fri: Hebrews 10:23-25
Sat: 2 Peter 1:10-19

Gratitude

09.22, Ordinary Time

Sun: Psalm 136
Mon: 1 Chronicles 16:8-26
Tues: Psalm 26:1-12
Wed: Jeremiah 33:10-17
Thurs: Matthew 15:32-39
Fri: Ephesians 5:15-21
Sat: 1 Thessalonians 5:12-24

Gentleness

09.29, Ordinary Time

Sun: Psalm 119:73-80
Mon: Deuteronomy 32:1-14
Tues: Isaiah 11:1-9
Wed: John 1:29-39
Thurs: Acts 8:26-40
Fri: 1 Peter 1:17-25
Sat: Revelation 5

Simplicity

10.06, Ordinary Time

Sun: Psalm 116
Mon: Joshua 4
Tues: Ecclesiastes 2:1-11
Wed: Psalm 19
Thurs: Luke 12:13-21
Fri: Acts 2:42-47; 4:32-35
Sat: 2 Corinthians 1:7-14

Trust

10.13, Ordinary Time

Sun: Psalm 20

Mon: Exodus 34:1-9

Tues: 2 Chronicles 20:1-20

Wed: Psalm 84

Thurs: Jeremiah 17:7-8

Fri: John 14:1-14

Sat: Acts 14:21-28

Humility

10.20, Ordinary Time

Sun: Psalm 131

Mon: Psalm 119:65-72

Tues: Proverbs 15:23-33

Wed: Jeremiah 13:15-19

Thurs: Zephaniah 2:1-3

Fri: Luke 18:9-14

Sat: 1 Corinthians 4:1-13

Compassion

10.27, Ordinary Time

Sun: Psalm 103

Mon: Genesis 9:8-17

Tues: Exodus 2:1-10

Wed: Matthew 20:29-34

Thurs: John 4:7-26

Fri: Ephesians 4:25-5:2

Sat: 1 Peter 1:3-12

Responsibility

11.03, Ordinary Time

Sun: Psalm 1

Mon: Proverbs 28

Tues: Luke 14:25-33

Wed: Matthew 7:1-6

Thurs: Ephesians 4:1-6

Fri: 1 Timothy 4:7b-16

Sat: 2 Peter 1:1-8

Stewards of Creation

11.10, Ordinary Time

Sun: Psalm 148

Mon: Genesis 1:9-12

Tues: Leviticus 25:1-7

Wed: Job 38:1-24

Thurs: Matthew 18:10-14

Fri: Hebrews 1:10b-14

Sat: Revelation 22:1-6

Justice

11.17, Ordinary Time

Sun: Psalm 72

Mon: Exodus 6:1-13

Tues: Psalm 89:1-14

Wed: Ezekiel 34:1-16

Thurs: Luke 11:37-44

Fri: Ephesians 4:17-24

Sat: James 3:13-18

End Times

11.24, Reign of Christ Sunday

Sun: Psalm 11

Mon: Genesis 6:13-22

Tues: Psalm 39:1-5

Wed: Matthew 24:1-21

Thurs: Matthew 24:22-42

Fri: Revelation 7:9-17

Sat: 1 Peter 4:7-11

Season of Advent

Active Waiting

12.01, 1st Sunday in Advent

Sun: Psalm 27

Mon: Matthew 25:1-13

Tues: Psalm 130

Wed: Isaiah 26:7-10

Thurs: Lamentations 3:19-26

Fri: Luke 2:25-32

Sat: 2 Peter 3:8-13

Hope in God

12.08, 2nd Sunday in Advent

Sun: Psalm 33

Mon: Genesis 17:1-8

Tues: Psalm 119:159-170

Wed: Zechariah 9:9-12

Thurs: Matthew 12:1-23

Fri: Romans 8:19-29

Sat: 1 Corinthians 15:12-22

The Poverty of God

01.05, 2nd Sunday after Christmas

Sun: Psalm 14

Mon: Exodus 32:1-8

Tues: Psalm 74:1-10

Wed: Isaiah 3:1-5

Thurs: Mark 6:1-6

Fri: Luke 2:1-7

Sat: 1 Corinthians 1:18-31

Prepare the Way of the Lord

12.15, 3rd Sunday in Advent

Sun: Psalm 96

Mon: Exodus 19:1-11

Tues: Luke 12:35-40

Wed: Psalm 98

Thurs: Romans 13:11-14

Fri: Mark 13:28-37

Sat: 1 Peter 1:13-16

Welcome the Stranger

12.22, 4th Sunday in Advent

Sun: Psalm 81

Mon: Exodus 23:1-9

Tues: Genesis 19:1-13

Wed: Psalm 121

Thurs: Jeremiah 7:1-7

Fri: Luke 9:51-58

Sat: Matthew 25:31-46

The Word Became Flesh

12.29, 1st Sunday after Christmas

Sun: Psalm 67

Mon: Matthew 10:16-31

Tues: Luke 13:31-35

Wed: Mark 6:31-44

Thurs: Philippians 2:12-15

Fri: John 3:1-3, 7-12

Sat: Hebrews 5:7-10