# BREAD

# NAME: PHONE:

THIS JOURNAL BELONGS TO:

# Introduction

Imagine you're walking in a dark forest or a room with no lights. You can't see anything and you're not sure where to go or what might be in front of you. It feels a little scary, right? But then, you turn on a flashlight, and suddenly, you feel calm because you can see what's around you, and where to put your next step.

The Bible is like a flashlight that lights up the way for your life. It helps you see what's real. When you get lost, it helps you find the way. It keeps you safe from things that might hurt you. The Bible does all of these things for us! It's just like a beam of light that guides us in the dark.

"Your word is a lamp to my feet and a light to my path."

Psalm 119:105

"I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

John 8:12

Just like a flashlight needs batteries to shine, the Bible needs to be opened and understood to shine into your life. So, every time you read the Bible, it's like you are turning on God's light for your life. The Holy Spirit will remind you of the things you've read and help you see the way God wants you to go!

# **How To Use This Book**

In this book, you'll get creative as you listen and talk with God! Each week, you'll read two chapters.

- 1. A chapter from the Old Testament or New Testament
- 2. A chapter from the book of Psalms

The letters in the word BREAD can help us learn how to read the Bible. Each week, give these steps a try:

**BE STILL**: Find a comfortable place and spend a minute or two sitting quietly.

**READ**: Slowly read the verses for the week. See if there's a verse that stands out or grabs your attention.

**EXPLORE**: What do you think God might be trying to teach you through that verse?

**ACTION**: What do you think God might be asking you to change or do?

DECIDE: Respond with a simple prayer.

After you follow these steps, use the space in your journal to draw or write your thoughts and feelings about what you read.

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APRIL 6 - 12 PSALM 91

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MAY 4 - 10 ISAIAH 55

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MAY 4 - 10 PSALM 118

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MAY 11 - 17 ISAIAH 61

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MAY 11 - 17 PSALM 121

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MAY 18 - 24 JONAH 1

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MAY 18 - 24 PSALM 130

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MAY 25 - 31 JOB 1

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JUNE 1 - 7 JOB 42

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JUNE 1 - 7 PSALM 145

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JUNE 8 - 14 PSALM 148

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JUNE 15 - 21 PSALM 4

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JULY 6 - 12 EZEKIEL 1

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