PHILIPPIANS

BREAD DEVOTION HANDBOOK



Be still

Find a quiet place where you can meet with God. Focus on calming your mind and slowing down your breathing- invite God's presence into that space. Ask the Holy Spirt to come and guide your time as you read through the word.

Read

Read through the passage for the day. Now pause, read through the passage again, but this time read it slowly, looking for a verse that jumps out at you or peaks your interest. Write/type it out in the read section of the journal.

Encounter

Meditate on your chosen verse. What does this verse make you think/feel? Why? Is it challenging? Encouraging? Affirming? Again, why?

What do you think God might be trying to communicate through this?

You can answer all of these questions or none of them, they're just tools to help you engage with the passage. Listen to what you think God might be saying through your chosen verse and write down your reflections in the encounter section.

Apply

Turning your focus outwards, how could you apply this to your day and to your life. Write down in the apply section some thoughts on what you can do to live out what you've learnt.

Devote

Finally, finish by writing a simple prayer of devotion to God, committing the day and your heart to him. This might be related to what you've discovered through the reading.

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