

BREAD

Living in the Story of God

A Year in the New Testament

As we stand at the start of a New Year, in the midst of competing narratives, we believe we hold in our hands something that contains extraordinary life. Words that have the power to save, set people free and teach us how to live the unforced rhythms of grace that humanity was always created for.

So here's the simple invitation, as we start 2020 we want to read through the New Testament together. Journeying through the text as family, grappling with the same passages, asking questions and being drawn into a daily encounter with Jesus. Each day, we want to set aside our best time to immerse ourselves in the text so we might live out the story of God in our city. When the alarm clock goes off, before we turn on the phones, get the download of emails, reply to the whatsapps, we want to carve out space to breathe in the truth of what God says over us, letting his voice be the most formative voice in our lives. Rather than eating the bread of anxious toil as the Psalmist says, we want to eat the bread that truly satisfies.

Imagine if we all did this as a church, for 366 days (spot the leap year!), feasting on the story of Jesus, who declared himself to be 'the bread of life'. Not only would it allow us to operate out of a place of joy and rest each day, but it would also form us into his likeness, enabling us to become his agents of kingdom renewal in the places we live, work, and spend our time. We would become, as the Psalmist says, like a tree planted by streams of living water, sustained by the presence of God, providing shade to a weary city, and producing fruit that speaks of a better story.

So let's open up the scriptures together, devour it, 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 - just head to kxc.org.uk/bible to download it. 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.

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31st December

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