



OCT 23' - SEP 24'

BREAD

JOURNAL

A YEAR IN GOD'S WORD

At Emmanuel we want our church and our lives to be built on the Word of God and empowered by the Holy Spirit. In the Bible we believe we hold in our hands words that have the power to save, set people free and teach us how to live in rhythms of grace that humanity was always created for. We believe that when we open our Bibles the Holy Spirit is ready to speak to us.

This year we have given you an Old Testament and New Testament reading each day. By choosing to read both you will make your way through the whole Bible in a year. By choosing just the New Testament you will have a shorter daily reading and read the New Testament in a year. You decide. We don't want to approach this with a tick box mentality instead we want to come to the scriptures each day to feast on the story of Jesus, who declared himself to be 'the bread of life'.

We believe that when we pursue God through His word together as a community it has the power to increasingly transform us into his likeness. We can become, as the Psalmist says, like a tree planted by streams of living water, sustained by the presence of God.

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 encounter Him daily.

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.

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. Ask Holy Spirit to speak to your heart and mind. Write a short reflection on what you think he might be saying.

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.

QR CODES

On some days there will be a QR code to scan at the top of the page. This could be a link to a Bible Project video on the passage you are reading, a short devotional video from someone in the church or a simple encouragement to keep going. We have also included a number of secret prize videos throughout the year. The first people to respond as per the instructions in these videos will receive a surprise gift!

READ

Read through the passage for the day. On some days there is also a QR code to scan with a link to an accompanying video. 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.

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.

Each Day, as you finish this practice, add a title to the top of the page summing up what you took away from the reading.

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.

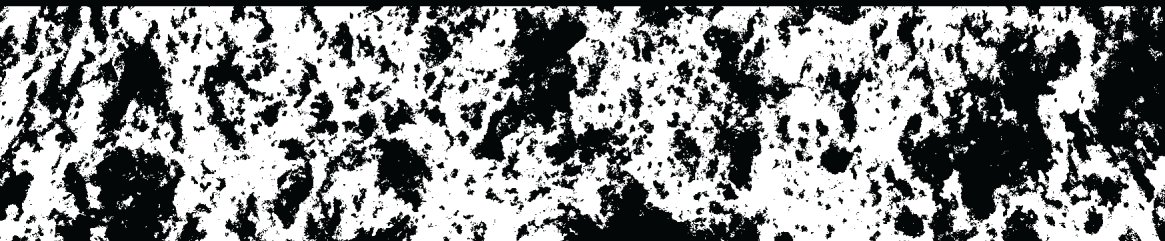
Devote Father, I devote this day to you. Invade my heart with the warmth of your Son. Amen.



10.2023



09.2024



Title



BREAD SUNDAY 1ST OCT.

Be still

Read: Genesis 1-2 & Matthew 1

Encounter

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Title

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Be still

Read: Genesis 3-5 & Matthew 2

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BREAD TUESDAY 3RD OCT.

Be still

Read: Genesis 6-8 & Matthew 3

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Read: Genesis 9-11 & Matthew 4

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BREAD THURSDAY 5TH OCT.

Be still

Read: Genesis 12-14 & Matthew 5:1-26

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Be still

Read: Genesis 15-17 & Matthew 5:27-48

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BREAD SATURDAY 7TH OCT.

Be still

Read: Genesis 18-19 & Matthew 6

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Be still

Read: Genesis 20-22 & Matthew 7

Encounter

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Devote

Title



BREAD MONDAY 9TH OCT.

Be still

Read: Genesis 23-24 & Matthew 8

Encounter

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BREAD TUESDAY 10TH OCT.

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Be still

Read: Genesis 25-26 & Matthew 9:1-17

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BREAD WEDNESDAY 11TH OCT.

Be still

Read: Genesis 27-28 & Matthew 9:18-38

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BREAD THURSDAY 12TH OCT.

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Be still

Read: Genesis 29-30 & Matthew 10:1-23

Encounter

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BREAD FRIDAY 13TH OCT.

Be still

Read: Genesis 31-32 & Matthew 10:24-42

Encounter

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BREAD SATURDAY 14TH OCT.

Title

Be still

Read: Genesis 33-35 & Matthew 11

Encounter

Apply

Devote

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BREAD SUNDAY 15TH OCT.

Be still

Read: Genesis 36-37 & Matthew 12:1-21

Encounter

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BREAD MONDAY 16TH OCT .

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Be still

Read: Genesis 38-40 & Matthew 12:22-50

Encounter

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BREAD TUESDAY 17TH OCT.

Be still

Read: Genesis 41 & Matthew 13:1-32

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Read: Genesis 42-43 & Matthew 13:33-58

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BREAD THURSDAY 19TH OCT.

Be still

Read: Genesis 44-45 & Matthew 14:1-21

Encounter

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BREAD FRIDAY 20TH OCT .

Title

Be still

Read: Genesis 46-48 & Matthew 14:22-36

Encounter

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BREAD SATURDAY 21ST OCT.

Be still

Read: Genesis 49-50 & Matthew 15:1-20

Encounter

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Be still

Read: Exodus 1-3 & Matthew 15:21-39

Encounter

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BREAD MONDAY 23RD OCT.

Be still

Read: Exodus 4-6 & Matthew 16

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BREAD TUESDAY 24TH OCT.

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Read: Exodus 7-8 & Matthew 17

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Read: Exodus 9-10 & Matthew 18:1-20

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BREAD THURSDAY 26TH OCT.

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Be still

Read: Exodus 11-12 & Matthew 18:21-30

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Be still

Read: Exodus 13-15 & Matthew 19:1-15

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Read: Exodus 16-18 & Matthew 19:16-30

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BREAD SUNDAY 29TH OCT.

Be still

Read: Exodus 19-21 & Matthew 20:1-16

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BREAD
MONDAY
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Be still

Read: Exodus 22-24 & Matthew 20:17-34

Encounter

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Title



BREAD TUESDAY 31ST OCT.

Be still

Read: Exodus 25-26 & Matthew 21:1-22

Encounter

Apply

Devote

BREAD
WEDNESDAY 1ST NOV.

Title

Be still

Read: Exodus 27-28 & Matthew 21:23-46

Encounter

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Devote

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Be still

Read: Exodus 29-30 & Matthew 22:1-22

Encounter

Apply

Devote

BREAD
FRIDAY
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NOV.

Title

Be still

Read: Exodus 31-33 & Matthew 22:23-46

Encounter

Apply

Devote

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BREAD SATURDAY 4TH NOV.

Be still

Read: Exodus 34-36 & Matthew 23:1-22

Encounter

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Read: Exodus 37-38 & Matthew 23:23-39

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Be still

Read: Exodus 39-40 & Matthew 24:1-22

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Read: Leviticus 1-3 & Matthew 24:23-51

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BREAD WEDNESDAY 8TH NOV.

Be still

Read: Leviticus 4-6 & Matthew 25:1-30

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Read: Leviticus 7-9 & Matthew 25:31-46

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BREAD FRIDAY 10TH NOV.

Be still

Read: Leviticus 10-12 & Matthew 26:1-19

Encounter

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BREAD SATURDAY 11TH NOV.

Title

Be still

Read: Leviticus 13 & Matthew 26:20-54

Encounter

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Devote

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Be still

Read: Leviticus 14 & Matthew 26:55-75

Encounter

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Devote

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Be still

Read: Leviticus 15-17 & Matthew 27:1-31

Encounter

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BREAD TUESDAY 14TH NOV.

Be still

Read: Leviticus 18-19 & Matthew 27:32-66

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Read: Leviticus 20-21 & Matthew 28

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BREAD THURSDAY 16TH NOV.

Be still

Read: Leviticus 22-23 & Mark 1:1-22

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BREAD
FRIDAY
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Be still

Read: Leviticus 24-25 & Mark 1:23-45

Encounter

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Devote

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Be still

Read: Leviticus 26-27 & Mark 2

Encounter

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Be still

Read: Numbers 3-4 & Mark 3:22-35

Encounter

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BREAD TUESDAY 21ST NOV.

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Be still

Read: Numbers 5-6 & Mark 4:1-20

Encounter

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Be still

Read: Numbers 7 & Mark 4:21-41

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BREAD THURSDAY 23RD NOV.

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Be still

Read: Numbers 8-10 & Mark 5:1-20

Encounter

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Devote

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Be still

Read: Numbers 11-13 & Mark 5:21-43

Encounter

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Be still

Read: Numbers 14-15 & Mark 6:1-32

Encounter

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Be still

Read: Numbers 16-17 & Mark 6:33-56

Encounter

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BREAD MONDAY 27TH NOV.

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Be still

Read: Numbers 18-20 & Mark 7:1-13

Encounter

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Be still

Read: Numbers 21-25; Mark 7:14-37 & Mark 8:1-21

Encounter

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BREAD
WEDNESDAY
29TH
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Title

Be still

Read: Numbers 26-27 & Mark 8:22-38

Encounter

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Be still

Read: Numbers 28-29 & Mark 9:1-29

Encounter

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Be still

Read: Numbers 30-31 & Mark 9:30-50

Encounter

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Be still

Read: Numbers 32-33 & Mark 10:1-31

Encounter

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Be still

Read: Numbers 34-36 & Mark 10:32-52

Encounter

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BREAD MONDAY 4TH DEC.

Be still

Read: Deuteronomy 1-2 & Mark 11:1-19

Encounter

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BREAD TUESDAY 5TH DEC.

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Be still

Read: Deuteronomy 3-4 & Mark 11:20-33

Encounter

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BREAD WEDNESDAY 6TH DEC.

Be still

Read: Deuteronomy 5-7 & Mark 12:1-27

Encounter

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BREAD THURSDAY 7TH DEC.

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Be still

Read: Deuteronomy 8-10 & Mark 12:28-44

Encounter

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BREAD FRIDAY 8TH DEC.

Be still

Read: Deuteronomy 11-13 & Mark 13:1-3

Encounter

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BREAD SATURDAY 9TH DEC.

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Be still

Read: Deuteronomy 14-16 & Mark 13:14-37

Encounter

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Be still

Read: Deuteronomy 17-19 & Mark 14:1-25

Encounter

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Devote

BREAD
MONDAY
11TH
DEC.

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Be still

Read: Deuteronomy 20-22 & Mark 14:26-50

Encounter

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Devote

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Be still

Read: Deuteronomy 23-25 & Mark 14:51-72

Encounter

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Devote

BREAD
WEDNESDAY 13TH DEC.

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Be still

Read: Deuteronomy 26-27 & Mark 15:1-26

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Read: Deuteronomy 28 & Mark 15:27-47

Encounter

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Read: Deuteronomy 29-30 & Mark 16

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Read: Deuteronomy 31-32 & Luke 1:1-23

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BREAD
SUNDAY
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Be still

Read: Deuteronomy 33-34 & Luke 1:24-56

Encounter

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Devote

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Be still

Read: Joshua 1-3 & Luke 1:57-80

Encounter

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Devote

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Be still

Read: Joshua 4-6 & Luke 2:1-24

Encounter

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Be still

Read: Joshua 7-8 & Luke 2:25-52

Encounter

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Read: Joshua 9-10 & Luke 3

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Read: Joshua 11-13 & Luke 4:1-32

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BREAD SATURDAY 23RD DEC.

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Read: Joshua 14-15 & Luke 4:33-44

Encounter

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Be still

Read: Joshua 16-18 & Luke 5:1-16

Encounter

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Title

Be still

Read: Joshua 19-20 & Luke 5:17-39

Encounter

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Devote

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Be still

Read: Joshua 21-22 & Luke 6:1-26

Encounter

Apply

Devote

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Be still

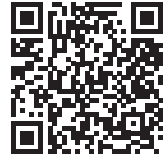
Read: Joshua 23-24 & Luke 6:27-49

Encounter

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Devote

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BREAD THURSDAY 28TH DEC.

Be still

Read: Judges 1-2 & Luke 7:1-30

Encounter

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BREAD FRIDAY 29TH DEC.

Title

Be still

Read: Judges 3-5 & Luke 7:31-50

Encounter

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Be still

Read: Judges 6-7 & Luke 8:1-21

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Read: Judges 8-9 & Luke 8:22-56

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Be still

Read: Judges 10-11 & Luke 9:1-36

Encounter

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BREAD TUESDAY 2ND JAN.

Title

Be still

Read: Judges 12-14 & Luke 9:37-62

Encounter

Apply

Devote

Title



BREAD WEDNESDAY 3RD JAN.

Be still

Read: Judges 15-17 & Luke 10:1-24

Encounter

Apply

Devote

BREAD
THURSDAY
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Title

Be still

Read: Judges 18-19 & Luke 10:25-42

Encounter

Apply

Devote

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Be still

Read: Judges 20-21 & Luke 11:1-28

Encounter

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Be still

Read: Ruth 1-4 & Luke 11:29-54

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Title



BREAD SUNDAY 7TH JAN.

Be still

Read: 1 Samuel 1-3 & Luke 12:1-34

Encounter

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BREAD MONDAY 8TH JAN .

Title

Be still

Read: 1 Samuel 4-6 & Luke 12:35-59

Encounter

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Be still

Read: 1 Samuel 7-9 & Luke 13:1-21

Encounter

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BREAD WEDNESDAY 10TH JAN.

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Be still

Read: 1 Samuel 10-12 & Luke 13:22-35

Encounter

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Be still

Read: 1 Samuel 13-14 & Luke 14:1-24

Encounter

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BREAD FRIDAY 12TH JAN.

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Read: 1 Samuel 15-16 & Luke 14:25-35

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Read: 1 Samuel 17-18 & Luke 15:1-10

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BREAD
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JAN.

Title

Be still

Read: 1 Samuel 19-21 & Luke 15:11-32

Encounter

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Be still

Read: 1 Samuel 22-24 & Luke 16:1-18

Encounter

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BREAD
TUESDAY
16TH
JAN.

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Be still

Read: 1 Samuel 25-26 & Luke 16:19-31

Encounter

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Devote

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Be still

Read: 1 Samuel 27-29 & Luke 17:1-19

Encounter

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BREAD THURSDAY 18TH JAN.

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Be still

Read: 1 Samuel 30-31 & Luke 17:20-37

Encounter

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BREAD FRIDAY 19TH JAN.

Be still

Read: 2 Samuel 1-3 & Luke 18:1-17

Encounter

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BREAD SATURDAY 20TH JAN.

Title

Be still

Read: 2 Samuel 4-6 & Luke 18:18-43

Encounter

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Devote

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BREAD SUNDAY 21ST JAN.

Be still

Read: 2 Samuel 7-9 & Luke 19:1-28

Encounter

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BREAD
MONDAY 22ND JAN.

Title

Be still

Read: 2 Samuel 10-12 & Luke 19:29-48

Encounter

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Be still

Read: 2 Samuel 13-14 & Luke 20:1-26

Encounter

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Devote

BREAD
WEDNESDAY
24TH
JAN.

Title

Be still

Read: 2 Samuel 15-16 & Luke 20:27-47

Encounter

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Devote

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Be still

Read: 2 Samuel 17-18 & Luke 21:1-19

Encounter

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BREAD FRIDAY 26TH JAN.

Title

Be still

Read: 2 Samuel 19-20 & Luke 21:20-38

Encounter

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Devote

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Be still

Read: 2 Samuel 21-22 & Luke 22:1-30

Encounter

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Devote

BREAD SUNDAY 28TH JAN.

Title

Be still

Read: 2 Samuel 23-24 & Luke 22:31-53

Encounter

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Devote

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Title



BREAD MONDAY 29TH JAN.

Be still

Read: 1 Kings 1-2 & Luke 22:54-71

Encounter

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Devote

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BREAD
TUESDAY
30TH
JAN.

Title

Be still

Read: 1 Kings 3-5 & Luke 23:1-26

Encounter

Apply

Devote

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Title

Be still

Read: 1 Kings 6-7 & Luke 23:27-38

Encounter

Apply

Devote

BREAD
THURSDAY
1ST FEB.

Title

Be still

Read: 1 Kings 8-9 & Luke 23:39-56

Encounter

Apply

Devote

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Title



BREAD FRIDAY 2ND FEB.

Be still

Read: 1 Kings 10-11 & Luke 24:1-35

Encounter

Apply

Devote

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BREAD SATURDAY 3RD FEB.

Title

Be still

Read: 1 Kings 12-13 & Luke 24:36-53

Encounter

Apply

Devote

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Title



BREAD SUNDAY 4TH FEB.

Be still

Read: 1 Kings 14-15 & John 1:1-28

Encounter

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Devote

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Be still

Read: 1 Kings 16-18 & John 1:29-51

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Be still

Read: 1 Kings 19-20 & John 2

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Read: 1 Kings 21-22 & John 3:1-21

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Title

Be still

Read: 2 Kings 1-3 & John 3:22-36

Encounter

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BREAD
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FEB.

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Be still

Read: 2 Kings 4-5 & John 4:1-30

Encounter

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Devote

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Be still

Read: 2 Kings 6-8 & John 4:31-54

Encounter

Apply

Devote

BREAD
SUNDAY
11TH
FEB.

Title

Be still

Read: 2 Kings 9-11 & John 5:1-24

Encounter

Apply

Devote

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4

Title

Be still

Read: 2 Kings 12-14 & John 5:25-47

Encounter

Apply

Devote

BREAD TUESDAY 13TH FEB.

Title

Be still

Read: 2 Kings 15-17 & John 6:1-21

Encounter

Apply

Devote

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Title

Be still

Read: 2 Kings 18-19 & John 6:22-44

Encounter

Apply

Devote

BREAD THURSDAY 15TH FEB.

Title

Be still

Read: 2 Kings 20-22 & John 6:45-71

Encounter

Apply

Devote

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Title

Be still

Read: 2 Kings 23-25 & John 7:1-31

Encounter

Apply

Devote

Title



Be still

Read: 1 Chronicles 1-2 & John 7:32-53

Encounter

Apply

Devote

Title

Be still

Read: 1 Chronicles 3-5 & John 8:1-20

Encounter

Apply

Devote

BREAD
MONDAY 19TH FEB.

Title

Be still

Read: 1 Chronicles 6-7 & John 8:21-36

Encounter

Apply

Devote

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Title

Be still

Read: 1 Chronicles 8-10 & John 8:37-59

Encounter

Apply

Devote

BREAD
WEDNESDAY
21ST
FEB.

Title

Be still

Read: 1 Chronicles 11-13 & John 9:1-23

Encounter

Apply

Devote

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Title

Be still

Read: 1 Chronicles 14-16 & John 9:24-41

Encounter

Apply

Devote

BREAD
FRIDAY
23RD
FEB.

Title

Be still

Read: 1 Chronicles 17-19 & John 10:1-21

Encounter

Apply

Devote

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Title

Be still

Read: 1 Chronicles 20-22 & John 10:22-42

Encounter

Apply

Devote

BREAD
SUNDAY
25TH
FEB.

Title

Be still

Read: 1 Chronicles 23-25 & John 11:1-17

Encounter

Apply

Devote

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Title

Be still

Read: 1 Chronicles 26-27 & John 11:18-46

Encounter

Apply

Devote

BREAD
TUESDAY
27TH
FEB.

Title

Be still

Read: 1 Chronicles 28-29 & John 11:47-57

Encounter

Apply

Devote

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Title

Be still

Read: 2 Chronicles 1-3 & John 12:1-19

Encounter

Apply

Devote

BREAD THURSDAY 29TH FEB.

Title

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Be still

Read: 2 Chronicles 4-6 & John 12:20-50

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Encounter

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Title



BREAD FRIDAY 1ST MAR.

Be still

Read: 2 Chronicles 7-9 & John 13:1-17

Encounter

Apply

Devote

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BREAD
SATURDAY 2ND
MAR.

Title

Be still

Read: 2 Chronicles 10-12 & John 13:18-38

Encounter

Apply

Devote

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4

Title

Be still

Read: 2 Chronicles 13-16 & John 14

Encounter

Apply

Devote

BREAD
MONDAY
4TH
MAR.

Title

Be still

Read: 2 Chronicles 17-19 & John 15

Encounter

Apply

Devote

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Title

Be still

Read: 2 Chronicles 20-22 & John 16:1-15

Encounter

Apply

Devote

BREAD
WEDNESDAY
6TH
MAR.

Title

Be still

Read: 2 Chronicles 23-25 & John 16:16-33

Encounter

Apply

Devote

1
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8

Title

Be still

Read: 2 Chronicles 26-28 & John 17

Encounter

Apply

Devote

BREAD
FRIDAY
8TH
MAR.

Title

Be still

Read: 2 Chronicles 29-31 & John 18:1-23

Encounter

Apply

Devote

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Title

Be still

Read: 2 Chronicles 32-33 & John 18:24-40

Encounter

Apply

Devote

BREAD SATURDAY 9TH MAR.

1
6
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BREAD
SUNDAY
10TH
MAR.

Title

Be still

Read: 2 Chronicles 34-36 & John 19:1-22

Encounter

Apply

Devote

1
6
2

Title



BREAD MONDAY 11TH MAR.

Be still

Read: Ezra 1-2 & John 19:23-42

Encounter

Apply

Devote

BREAD
TUESDAY
12TH
MAR.

Title

Be still

Read: Ezra 3-5 & John 20

Encounter

Apply

Devote

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Title

Be still

Read: Ezra 6-8 & John 21

Encounter

Apply

Devote

BREAD THURSDAY 14TH MAR.

Title

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Be still

Read: Ezra 9-10 & Acts 1

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Encounter

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Title



BREAD FRIDAY 15TH MAR.

Be still

Read: Nehemiah 1-3 & Acts 2:1-13

Encounter

Apply

Devote

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BREAD SATURDAY 16TH MAR.

Title

Be still

Read: Nehemiah 4-6 & Acts 2:14-47

Encounter

Apply

Devote

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6
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Title



BREAD SUNDAY 17TH MAR.

Be still

Read: Nehemiah 7-8 & Acts 3

Encounter

Apply

Devote

BREAD MONDAY 18TH MAR.

Title

Be still

Read: Nehemiah 9-11 & Acts 4:1-22

Encounter

Apply

Devote

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Title

Be still

Read: Nehemiah 12-13 & Acts 4:23-37

Encounter

Apply

Devote

Title

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Be still

Read: Esther 1-3 & Acts 5:1-16

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Encounter

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Devote

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Title

Be still

Read: Esther 4-6 & Acts 5:17-42

Encounter

Apply

Devote



BREAD FRIDAY 22ND MAR.

Title

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Be still

Read: Esther 7-10 & Acts 6

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Encounter

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Title



BREAD SATURDAY 23RD MAR.

Be still

Read: Job 1-3 & Acts 7:1-19

Encounter

Apply

Devote

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BREAD
SUNDAY
24TH
MAR.

Title

Be still

Read: Job 4-6 & Acts 7:20-43

Encounter

Apply

Devote

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7
6

Title

Be still

Read: Job 7-9 & Acts 7:44-60

Encounter

Apply

Devote

BREAD TUESDAY 26TH MAR.

Title

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Be still

Read: Job 10-12 & Acts 8:1-25

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Encounter

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Title

Be still

Read: Job 13-15 & Acts 8:26-40

Encounter

Apply

Devote

BREAD THURSDAY 28TH MAR.

Title

Be still

Read: Job 16-18 & Acts 9:1-22

Encounter

Apply

Devote

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Title



BREAD FRIDAY 29TH MAR.

Be still

Read: Job 19-20 & Acts 9:23-43

Encounter

Apply

Devote

BREAD SATURDAY 30TH MAR.

Title

Be still

Read: Job 21-22 & Acts 10:1-23

Encounter

Apply

Devote

1
8
2

Title

Be still

Read: Job 23-25 & Acts 10:24-48

Encounter

Apply

Devote

BREAD
MONDAY 1ST APR.

Title

Be still

Read: Job 26-28 & Acts 11

Encounter

Apply

Devote

1
8
4

Title

Be still

Read: Job 29-30 & Acts 12

Encounter

Apply

Devote

BREAD
WEDNESDAY 3RD
APR.

Title



Be still

Read: Job 31-32 & Acts 13:1-23

Encounter

Apply

Devote

1
8
6

Title

Be still

Read: Job 33-34 & Acts 13:24-52

Encounter

Apply

Devote

BREAD
THURSDAY
4TH APR.

1
8
7

BREAD FRIDAY 5TH APR.

Title

Be still

Read: Job 35-37 & Acts 14

Encounter

Apply

Devote

1
8
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Title



BREAD SATURDAY 6TH APR.

Be still

Read: Job 38-39 & Acts 15:1-21

Encounter

Apply

Devote

BREAD
SUNDAY
7TH
APR.

Title

Be still

Read: Job 40-42 & Acts 15:22-41

Encounter

Apply

Devote

1
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Title



BREAD MONDAY 8TH APR.

Be still

Read: Psalm 1-3 & Acts 16:1-15

Encounter

Apply

Devote

BREAD TUESDAY 9TH APR.

Title

Be still

Read: Psalm 4-6 & Acts 16:16-40

Encounter

Apply

Devote

1
9
2

Title

Be still

Read: Psalm 7-9 & Acts 17:1-15

Encounter

Apply

Devote

BREAD THURSDAY 11TH APR.

Title

Be still

Read: Psalm 10-12 & Acts 17:16-34

Encounter

Apply

Devote

1
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4

Title

Be still

Read: Psalm 13-16 & Acts 18

Encounter

Apply

Devote

BREAD SATURDAY 13TH APR.

Title

Be still

Read: Psalm 17-18 & Acts 19:1-20

Encounter

Apply

Devote

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9
6

Title

Be still

Read: Psalm 19-21 & Acts 19:21-41

Encounter

Apply

Devote

BREAD
MONDAY
15TH
APR.

Title

Be still

Read: Psalm 22-24 & Acts 20:1-16

Encounter

Apply

Devote

1
9
8

Title

Be still

Read: Psalm 25-27 & Acts 20:17-38

Encounter

Apply

Devote

BREAD WEDNESDAY 17TH APR.

Title

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Be still

Read: Psalm 28-30 & Acts 21:1-14

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Encounter

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Title

Be still

Read: Psalm 31-33 & Acts 21:15-40

Encounter

Apply

Devote

BREAD
FRIDAY
19TH
APR.

Title

Be still

Read: Psalm 34-35 & Acts 22

Encounter

Apply

Devote

2
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Title



BREAD SATURDAY 20TH APR.

Be still

Read: Psalm 36-37 & Acts 23:1-11

Encounter

Apply

Devote

BREAD
SUNDAY
21ST
APR.

Title

Be still

Read: Psalm 38-40 & Acts 23:12-35

Encounter

Apply

Devote

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4

Title

Be still

Read: Psalm 41-43 & Acts 24

Encounter

Apply

Devote

BREAD TUESDAY 23RD APR.

Title

Be still

Read: Psalm 44-46 & Acts 25

Encounter

Apply

Devote

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Title

Be still

Read: Psalm 47-49 & Acts 26

Encounter

Apply

Devote

BREAD THURSDAY 25TH APR.

Title

Be still

Read: Psalm 50-52 & Acts 27:1-25

Encounter

Apply

Devote

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Title

Be still

Read: Psalm 53-55 & Acts 27:26-44

Encounter

Apply

Devote

BREAD SATURDAY 27TH APR.

Title

Be still

Read: Psalm 56-58 & Acts 28:1-15

Encounter

Apply

Devote

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Title

Be still

Read: Psalm 59-61 & Acts 28:16-31

Encounter

Apply

Devote

BREAD MONDAY 29TH APR.

Title

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Be still

Read: Psalm 62-64 & Romans 1

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Encounter

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Devote

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Title

Be still

Read: Psalm 65-67 & Romans 2

Encounter

Apply

Devote

BREAD
WEDNESDAY 1ST MAY.

Title

Be still

Read: Psalm 68-69 & Romans 3

Encounter

Apply

Devote

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Title

Be still

Read: Psalm 70-72 & Romans 4

Encounter

Apply

Devote

Title

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Be still

Read: Psalm 73-74 & Romans 5

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Encounter

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Title

Be still

Read: Psalm 75-77 & Romans 6

Encounter

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Devote

BREAD
SUNDAY
5TH
MAY

Title

Be still

Read: Psalm 78 & Romans 7

Encounter

Apply

Devote

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Title

Be still

Read: Psalm 79-81 & Romans 8:1-18

Encounter

Apply

Devote

BREAD
TUESDAY
7TH
MAY

Title

Be still

Read: Psalm 82-84 & Romans 8:19-39

Encounter

Apply

Devote

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Title



BREAD WEDNESDAY 8TH MAY.

Be still

Read: Psalm 85-87 & Romans 9

Encounter

Apply

Devote

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BREAD THURSDAY 9TH MAY .

Title

Be still

Read: Psalm 88-89 & Romans 10

Encounter

Apply

Devote

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Title

Be still

Read: Psalm 90-92 & Romans 11:1-21

Encounter

Apply

Devote



BREAD SATURDAY 11TH MAY.

Title

Be still

Read: Psalm 93-95 & Romans 11:22-36

Encounter

Apply

Devote

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Title

Be still

Read: Psalm 96-98 & Romans 12

Encounter

Apply

Devote

BREAD
MONDAY 13TH MAY .

Title

Be still

Read: Psalm 99-102 & Romans 13

Encounter

Apply

Devote

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Title

Be still

Read: Psalm 103-104 & Romans 14

Encounter

Apply

Devote

BREAD
WEDNESDAY
15TH
MAY.

Title

Be still

Read: Psalm 105-106 & Romans 15:1-21

Encounter

Apply

Devote

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Title

Be still

Read: Psalm 107-108 & Romans 15:22-33

Encounter

Apply

Devote

BREAD
FRIDAY
17TH
MAY

Title

Be still

Read: Psalm 109-111 & Romans 16

Encounter

Apply

Devote

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Title



BREAD SATURDAY 18TH MAY.

Be still

Read: Psalm 112-115 & 1 Corinthians 1

Encounter

Apply

Devote

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BREAD
SUNDAY
19TH
MAY .

Title

Be still

Read: Psalm 116-118 & 1 Corinthians 2

Encounter

Apply

Devote

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Title

Be still

Read: Psalm 119:1-48 & 1 Corinthians 2

Encounter

Apply

Devote

BREAD TUESDAY 21ST MAY .

Title

Be still

Read: Psalm 119:49-104 & 1 Corinthians 4

Encounter

Apply

Devote

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Title

Be still

Read: Psalm 119:105-176 & 1 Corinthians 5

Encounter

Apply

Devote

BREAD THURSDAY 23RD MAY.

Title

Be still

Read: Psalm 120-123 & 1 Corinthians 6

Encounter

Apply

Devote

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Title

Be still

Read: Psalm 124-127 & 1 Corinthians 7:1-24

Encounter

Apply

Devote

BREAD SATURDAY 25TH MAY.

Title

Be still

Read: Psalm 128-131 & 1 Corinthians 7:25-40

Encounter

Apply

Devote

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Title

Be still

Read: Psalm 132-135 & 1 Corinthians 8

Encounter

Apply

Devote

BREAD
MONDAY 27TH MAY .

Title

Be still

Read: Psalm 136-138 & 1 Corinthians 9

Encounter

Apply

Devote

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Title

Be still

Read: Psalm 139-141 & 1 Corinthians 10:1-13

Encounter

Apply

Devote

BREAD
WEDNESDAY
29TH
MAY.

Title

Be still

Read: Psalm 142-144 & 1 Corinthians 10:14-33

Encounter

Apply

Devote

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Title

Be still

Read: Psalm 145-147 & 1 Corinthians 11:1-5

Encounter

Apply

Devote

BREAD
FRIDAY
31ST
MAY

Title

Be still

Read: Psalm 148-150 & 1 Corinthians 10:14-33

Encounter

Apply

Devote

2
4
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Title



BREAD SATURDAY 1ST JUN.

Be still

Read: Proverbs 1-2 & 1 Corinthians 12

Encounter

Apply

Devote

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BREAD
SUNDAY 2ND JUNE.

Title

Be still

Read: Proverbs 3-4 & 1 Corinthians 13

Encounter

Apply

Devote

2
4
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Title



BREAD MONDAY 3RD JUN.

Be still

Read: Proverbs 5-6 & 1 Corinthians 14:1-20

Encounter

Apply

Devote

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4
7

BREAD
TUESDAY
4TH
JUN.

Title

Be still

Read: Proverbs 7-8 & 1 Corinthians 14:21-40

Encounter

Apply

Devote

2
4
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Title



BREAD WEDNESDAY 5TH JUN.

Be still

Read: Proverbs 9-10 & 1 Corinthians 15:1-32

Encounter

Apply

Devote

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BREAD THURSDAY 6TH JUN.

Title

Be still

Read: Proverbs 11-12 & 1 Corinthians 15:33-58

Encounter

Apply

Devote

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Title



BREAD FRIDAY 7TH JUN.

Be still

Read: Proverbs 13-14 & 1 Corinthians 16

Encounter

Apply

Devote

BREAD SATURDAY 8TH JUN.

Title

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Be still

Read: Proverbs 15-16 & 2 Corinthians 1

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Encounter

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Title



BREAD SUNDAY 9TH JUN.

Be still

Read: Proverbs 17-18 & 2 Corinthians 2

Encounter

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Devote

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BREAD MONDAY 10TH JUN.

Title

Be still

Read: Proverbs 19-20 & 2 Corinthians 3

Encounter

Apply

Devote

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Title

Be still

Read: Proverbs 21-22 & 2 Corinthians 4

Encounter

Apply

Devote

BREAD
WEDNESDAY
12TH
JUN.

Title

Be still

Read: Proverbs 23-24 & 2 Corinthians 5

Encounter

Apply

Devote

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Title

Be still

Read: Proverbs 25-27 & 2 Corinthians 6

Encounter

Apply

Devote

BREAD FRIDAY 14TH JUN.

Title

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Be still



Read: Proverbs 28-29 & 2 Corinthians 7

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Encounter

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Title



BREAD SATURDAY 15TH JUN.

Be still

Read: Proverbs 30-31 & 2 Corinthians 8

Encounter

Apply

Devote

BREAD
SUNDAY
16TH
JUN.

Title

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Be still

Read: Ecclesiastes 1-3 & 2 Corinthians 9

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Encounter

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Title



BREAD MONDAY 17TH JUN.

Be still

Read: Ecclesiastes 4-6 & 2 Corinthians 10

Encounter

Apply

Devote

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BREAD TUESDAY 18TH JUN.

Title

Be still

Read: Ecclesiastes 7-9 & 2 Corinthians 11:1-15

Encounter

Apply

Devote

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Title

Be still

Read: Ecclesiastes 10-12 & 2 Corinthians 11:16-33

Encounter

Apply

Devote

BREAD THURSDAY 20TH JUN.

Title

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Be still

Read: Song of Solomon 1-3 & 2 Corinthians 12

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Encounter

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Title

Be still

Read: Song of Solomon 4-5 & 2 Corinthians 12

Encounter

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Devote

BREAD SATURDAY 22ND JUN.

Title

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Be still

Read: Song of Solomon 6-8 & Galatians 1

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Encounter

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Devote

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Title



BREAD SUNDAY 23RD JUN.

Be still

Read: Isaiah 1-3 & Galatians 2

Encounter

Apply

Devote

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BREAD MONDAY 24TH JUN.

Title

Be still

Read: Isaiah 4-6 & Galatians 3

Encounter

Apply

Devote

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Title



BREAD TUESDAY 25TH JUN.

Be still

Read: Isaiah 7-9 & Galatians 4

Encounter

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Devote

Title

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Be still



Read: Isaiah 10-12 & Galatians 5

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Encounter

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Title

Be still

Read: Isaiah 13-15 & Galatians 6

Encounter

Apply

Devote

BREAD FRIDAY 28TH JUN.

Title



Be still

Read: Isaiah 16-18 & Ephesians 1

Encounter

Apply

Devote

2
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2

Title



BREAD SATURDAY 29TH JUN.

Be still

Read: Isaiah 19-21 & Ephesians 2

Encounter

Apply

Devote

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Title

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Be still

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Read: Isaiah 22-23 & Ephesians 3

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Encounter

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Title



Be still

Read: Isaiah 24-26 & Ephesians 4

Encounter

Apply

Devote

BREAD TUESDAY 2ND JUL.

Title



Be still

Read: Isaiah 27-28 & Ephesians 5

Encounter

Apply

Devote

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7
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Title



BREAD WEDNESDAY 3RD JUL.

Be still

Read: Isaiah 29-30 & Ephesians 6

Encounter

Apply

Devote

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Title

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Be still

Read: Isaiah 31-33 & Philippians 1

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Encounter

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Title

Be still

Read: Isaiah 34-36 & Philippians 2

Encounter

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Devote

BREAD SATURDAY 6TH JUL.

Title

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Be still

Read: Isaiah 37-38 & Philippians 3

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Encounter

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Title

Be still

Read: Isaiah 39-40 & Philippians 4

Encounter

Apply

Devote

BREAD MONDAY 8TH JUL.

Title

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Be still

Read: Isaiah 41-42 & Colossians 1

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Encounter

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Title

Be still

Read: Isaiah 43-44 & Colossians 2

Encounter

Apply

Devote

BREAD
WEDNESDAY 10TH JUL.

Title

Be still

Read: Isaiah 45-47 & Colossians 3

Encounter

Apply

Devote

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Title

Be still

Read: Isaiah 48-49 & Colossians 4

Encounter

Apply

Devote

Title

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Be still

Read: Isaiah 50-52 & 1 Thessalonians 1

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Encounter

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Title

Be still

Read: Isaiah 53-55 & 1 Thessalonians 2

Encounter

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Devote

BREAD
SUNDAY
14TH
JUL.

Title

Be still

Read: Isaiah 56-58 & 1 Thessalonians 3

Encounter

Apply

Devote

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Title

Be still

Read: Isaiah 59-61 & 1 Thessalonians 4

Encounter

Apply

Devote

BREAD
TUESDAY
16TH
JUL.

Title

Be still

Read: Isaiah 62-64 & 1 Thessalonians 5

Encounter

Apply

Devote

2
9
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Title



BREAD WEDNESDAY 17TH JUL.

Be still

Read: Isaiah 65-66 & 2 Thessalonians 1

Encounter

Apply

Devote

BREAD THURSDAY 18TH JUL.

Title



Be still

Read: Jeremiah 1-2 & 2 Thessalonians 2

Encounter

Apply

Devote

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Title

Be still

Read: Jeremiah 3-4 & 2 Thessalonians 3

Encounter

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Devote

Title

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Be still

Read: Jeremiah 5-6 & 1 Timothy 1

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Title

Be still

Read: Jeremiah 7-8 & 1 Timothy 2

Encounter

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Devote

BREAD MONDAY 22ND JUL.

Title

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Be still

Read: Jeremiah 9-10 & 1 Timothy 3

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Title

Be still

Read: Jeremiah 11-13 & 1 Timothy 4

Encounter

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Be still



Read: Jeremiah 14-16 & 1 Timothy 5

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Encounter

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Title

Be still

Read: Jeremiah 17-19 & 1 Timothy 6

Encounter

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Devote

BREAD FRIDAY 26TH JUL.

Title

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Be still

Read: Jeremiah 20-22 & 2 Timothy 1

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Encounter

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Title



BREAD SATURDAY 27TH JUL.

Be still

Read: Jeremiah 23-24 & 2 Timothy 2

Encounter

Apply

Devote

BREAD
SUNDAY
28TH
JUL.

Title

Be still

Read: Jeremiah 25-26 & 2 Timothy 3

Encounter

Apply

Devote

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2

Title

Be still

Read: Jeremiah 27-28 & 2 Timothy 4

Encounter

Apply

Devote

Title

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Be still

Read: Jeremiah 29-30 & Titus 1

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Encounter

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Title

Be still

Read: Jeremiah 31-32 & Titus 2

Encounter

Apply

Devote

BREAD THURSDAY 1ST AUG.

Title

Be still

Read: Jeremiah 33-35 & Titus 3

Encounter

Apply

Devote

3
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6

Title



BREAD FRIDAY 2ND AUG.

Be still

Read: Jeremiah 36-37 & Philemon

Encounter

Apply

Devote

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Title

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Be still

Read: Jeremiah 38-39 & Hebrews 1

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Encounter

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Title

Be still

Read: Jeremiah 40-42 & Hebrews 2

Encounter

Apply

Devote

BREAD MONDAY 5TH AUG.

Title



Be still

Read: Jeremiah 43-45 & Hebrews 3

Encounter

Apply

Devote

3
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Title

Be still

Read: Jeremiah 46-48 & Hebrews 4

Encounter

Apply

Devote

BREAD
WEDNESDAY 7TH AUG.

Title

Be still

Read: Jeremiah 49-50 & Hebrews 5

Encounter

Apply

Devote

3
1
2

Title

Be still

Read: Jeremiah 51-52 & Hebrews 6

Encounter

Apply

Devote

BREAD
FRIDAY
9TH
AUG.

Title



Be still

Read: Lamentations 1-2 & Hebrews 7

Encounter

Apply

Devote

3
1
4

Title

Be still

Read: Lamentations 3-5 & Hebrews 8

Encounter

Apply

Devote

BREAD
SUNDAY
11TH
AUG.

Title

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Be still

Read: Ezekiel 1-3 & Hebrews 9

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Encounter

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Title



BREAD MONDAY 12TH AUG.

Be still

Read: Ezekiel 4-6 & Hebrews 10:1-23

Encounter

Apply

Devote

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BREAD TUESDAY 13TH AUG.

Title



Be still

Read: Ezekiel 7-9 & Hebrews 10:24-39

Encounter

Apply

Devote

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8

Title

Be still

Read: Ezekiel 10-12 & Hebrews 11:1-19

Encounter

Apply

Devote

BREAD THURSDAY 15TH AUG.

Title

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Be still

Read: Ezekiel 13-15 & Hebrews 11:20-40

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Title

Be still

Read: Ezekiel 16 & Hebrews 12

Encounter

Apply

Devote

BREAD SATURDAY 17TH AUG.

Title

Be still

Read: Ezekiel 17-19 & Hebrews 13

Encounter

Apply

Devote

3
2
2

Title



BREAD SUNDAY 18TH AUG.

Be still

Read: Ezekiel 20-21 & James 1

Encounter

Apply

Devote

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BREAD
MONDAY 19TH AUG.

Title

Be still

Read: Ezekiel 22-23 & James 2

Encounter

Apply

Devote

3
2
4

Title

Be still

Read: Ezekiel 24-26 & James 3

Encounter

Apply

Devote

BREAD
WEDNESDAY
21ST
AUG.

Title

Be still

Read: Ezekiel 27-28 & James 4

Encounter

Apply

Devote

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2
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Title

Be still

Read: Ezekiel 29-31 & James 5

Encounter

Apply

Devote

BREAD FRIDAY 23RD AUG.

Title

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Be still

Read: Ezekiel 32-33 & 1 Peter 1

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Encounter

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Title

Be still

Read: Ezekiel 34-35 & 1 Peter 2

Encounter

Apply

Devote

BREAD
SUNDAY
25TH
AUG.

Title

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Be still

Read: Ezekiel 36-37 & 1 Peter 3

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Title

Be still

Read: Ezekiel 38-39 & 1 Peter 4

Encounter

Apply

Devote

BREAD TUESDAY 27TH AUG.

Title

Be still

Read: Ezekiel 40 & 1 Peter 5

Encounter

Apply

Devote

3
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Title



BREAD WEDNESDAY 28TH AUG.

Be still

Read: Ezekiel 41-42 & 2 Peter 1

Encounter

Apply

Devote

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BREAD
THURSDAY
29TH
AUG.

Title

Be still

Read: Ezekiel 43-44 & 2 Peter 2

Encounter

Apply

Devote

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Title

Be still

Read: Ezekiel 45-46 & 2 Peter 3

Encounter

Apply

Devote

BREAD SATURDAY 31ST AUG.

Title

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Be still

Read: Ezekiel 47-48 & 1 John 1

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Title



BREAD SUNDAY 1ST SEP.

Be still

Read: Daniel 1-2 & 1 John 2

Encounter

Apply

Devote

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BREAD

Title



Be still

Read: Daniel 3-4 & 1 John 3

Encounter

Apply

Devote

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MONDAY 2ND SEP .

Title

Be still

Read: Daniel 5-6 & 1 John 4

Encounter

Apply

Devote

BREAD TUESDAY 3RD SEP.

339

BREAD
WEDNESDAY
4TH
SEP.

Title

Be still

Read: Daniel 7-8 & 1 John 5

Encounter

Apply

Devote

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Title

Be still

Read: Daniel 9-10 & 2 John

Encounter

Apply

Devote

BREAD
THURSDAY
5TH
SEP.

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BREAD
FRIDAY
6TH
SEP.

Title

Be still

Read: Daniel 11-12 & 3 John

Encounter

Apply

Devote

3
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2

Title



BREAD SATURDAY 7TH SEP.

Be still

Read: Hosea 1-4 & Jude

Encounter

Apply

Devote

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BREAD
SUNDAY
8TH
SEP.

Title

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Be still

Read: Hosea 5-8 & Revelation 1

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Encounter

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Title

Be still

Read: Hosea 9-11 & Revelation 2

Encounter

Apply

Devote

BREAD TUESDAY 10TH SEP.

Title

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Be still

Read: Hosea 12-14 & Revelation 3

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Encounter

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Title



BREAD WEDNESDAY 11TH SEP.

Be still

Read: Joel & Revelation 4

Encounter

Apply

Devote

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BREAD THURSDAY 12TH SEP.

Title

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Be still

Read: Amos 1-3 & Revelation 5

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Encounter

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Title

Be still

Read: Amos 4-6 & Revelation 6

Encounter

Apply

Devote

BREAD SATURDAY 14TH SEP.

Title

Be still

Read: Amos 7-9 & Revelation 7

Encounter

Apply

Devote

3
5
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Title



BREAD SUNDAY 15TH SEP.

Be still

Read: Obadiah & Revelation 8

Encounter

Apply

Devote

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BREAD MONDAY 16TH SEP .

Title

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Be still

Read: Jonah & Revelation 9

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Encounter

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Devote

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Title



BREAD TUESDAY 17TH SEP.

Be still

Read: Micah 1-3 & Revelation 10

Encounter

Apply

Devote

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BREAD
WEDNESDAY
18TH
SEP.

Title

Be still

Read: Micah 4-5 & Revelation 11

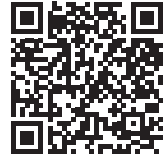
Encounter

Apply

Devote

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Title



BREAD THURSDAY 19TH SEP.

Be still

Read: Micah 6-7 & Revelation 12

Encounter

Apply

Devote

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BREAD FRIDAY 20TH SEP.

Title



Be still

Read: Nahum & Revelation 13

Encounter

Apply

Devote

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Title

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Be still



Read: Habakkuk & Revelation 14

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BREAD
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Title

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Be still

Read: Zephaniah & Revelation 15

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Title



Be still

Read: Haggai & Revelation 16

Encounter

Apply

Devote

Title



Be still

Read: Zechariah 1-3 & Revelation 17

Encounter

Apply

Devote

Title

Be still

Read: Zechariah 4-6 & Revelation 18

Encounter

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Devote

BREAD THURSDAY 26TH SEP.

Title

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Be still

Read: Zechariah 7-9 & Revelation 19

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Title

Be still

Read: Zechariah 10-12 & Revelation 20

Encounter

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Devote

BREAD SATURDAY 28TH SEP.

Title

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Be still

Read: Zechariah 13-14 & Revelation 21

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Encounter

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Title



BREAD SUNDAY 29TH SEP.

Be still

Read: Malachi 1-2 & Revelation 22:1-5

Encounter

Apply

Devote

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BREAD MONDAY 30TH SEP .

Title

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Be still

Read: Malachi 3-4 & Revelation 22:6-21

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Encounter

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The template for the BREAD journal was produced by the team at King's Cross Church.

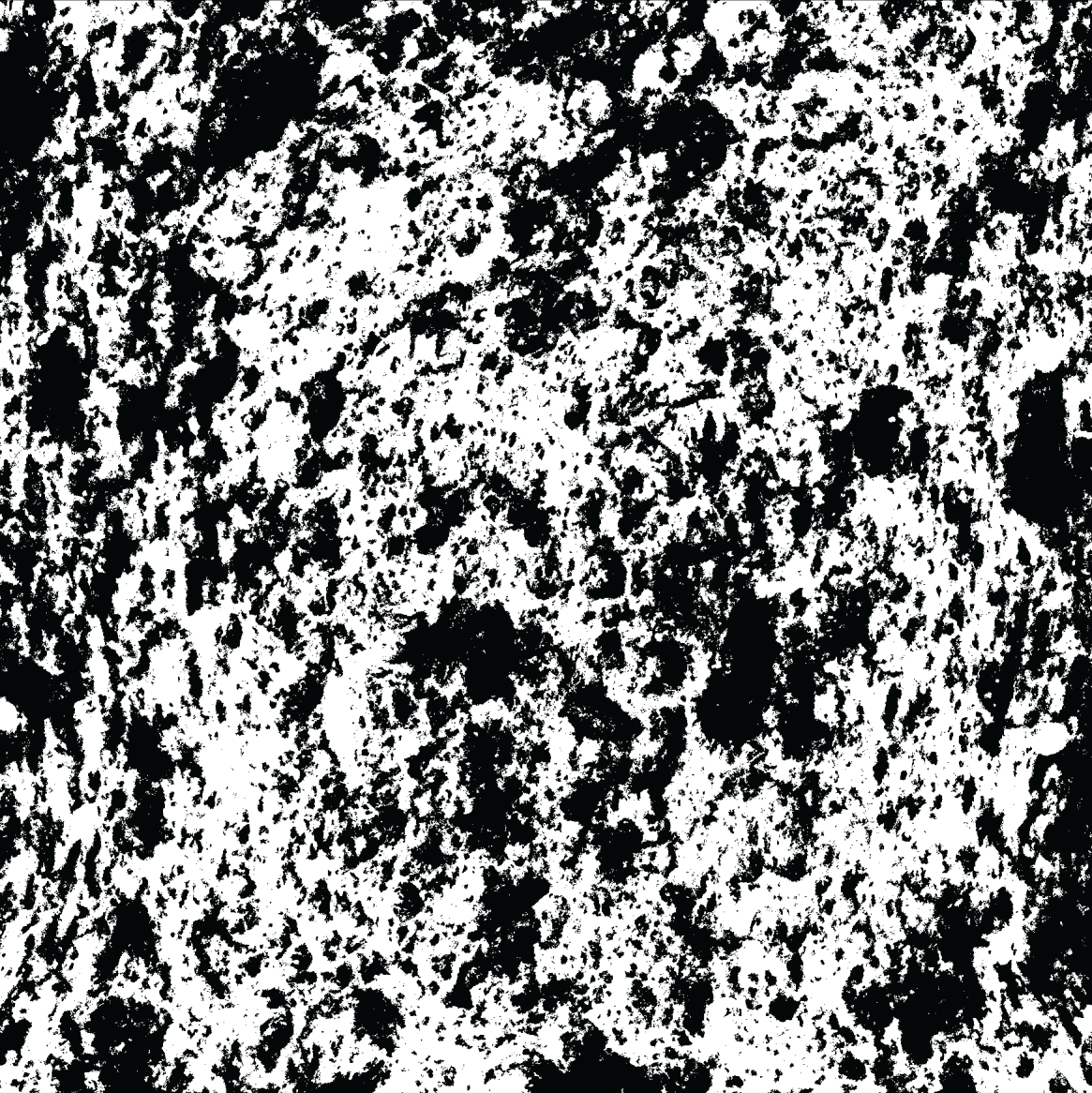
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JOURNAL