7 DAYS OF DAILY BREAD / DAY 1

Begin with the Word

Scripture, reflection, and prayer. Set aside five to ten minutes each day. Read the passage in your Bible, reflect honestly, and take one small step.

READ Matthew 4:1-4

Jesus answers temptation with Scripture. Before the demands of the day begin speaking, make room to listen to God. You do not need to read quickly or impress anyone. Read the passage slowly, notice what it says about Jesus, and carry one truth with you.

REFLECT

What usually gets your first attention each morning? Where could five quiet minutes with Scripture fit?

PUT IT INTO PRACTICE

Choose a daily time and place to read. Put your Bible where you will see it.

PRAY

Father, give me a hunger for Your Word. Help me listen carefully and live by what You teach. Amen.

MY RESPONSE

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7 DAYS OF DAILY BREAD / DAY 2

Bring the faith you have

READ Hebrews 11:1-6

Faith turns our attention toward God and His character, even when we cannot see the whole road ahead. Hebrews invites us to seek Him. Begin with the trust you have today, bringing your questions honestly rather than waiting until every uncertainty disappears.

REFLECT

Where are you finding it difficult to trust God? What does this passage invite you to believe about Him?

PUT IT INTO PRACTICE

Name one concern in prayer. Choose one small, faithful action you can take today.

PRAY

Lord, I bring You my trust and my questions. Help me seek You and take the next step with You. Amen.

MY RESPONSE

7 DAYS OF DAILY BREAD / DAY 3

See people through God's love

READ Genesis 1:26-27; Colossians 3:12-14

People bear God's image. That gives weight to the way we speak, listen, and respond, including when we disagree. Colossians calls us to compassion, kindness, humility, patience, and love. Let today's reading shape one ordinary encounter.

REFLECT

Who is easy for you to overlook or dismiss? How could you treat that person with greater dignity?

PUT IT INTO PRACTICE

Listen without interrupting, offer a specific word of encouragement, or make a sincere apology.

PRAY

God, help me see the people around me with care. Form kindness and patience in me, and teach me to love as Jesus loves. Amen.

MY RESPONSE

7 DAYS OF DAILY BREAD / DAY 4

Pray honestly

READ Philippians 4:4-9

Prayer makes room for real concerns and real thanksgiving. You do not have to hide your burdens or find impressive words. Bring what is on your heart to God, remember what He has already given, and return your attention to what is true and good.

REFLECT

What have you been carrying alone? What can you thank God for in the middle of it?

PUT IT INTO PRACTICE

Write one concern and three things you are grateful for. Turn the list into a simple prayer.

PRAY

Father, You know what weighs on me. I bring it to You with thanksgiving. Guard my heart and mind in Christ Jesus. Amen.

MY RESPONSE

7 DAYS OF DAILY BREAD / DAY 5

Use your gifts to serve

READ 1 Corinthians 12:4-11

The Spirit gives different gifts for the common good. Following Jesus is not a contest to become the most noticeable person in the room. Notice the people near you and consider how what God has entrusted to you could help them.

REFLECT

What ability, time, or resource could you offer to someone else this week?

PUT IT INTO PRACTICE

Choose one practical act of service that fits the needs of the person receiving it.

PRAY

Holy Spirit, guide me in using what You have given. Keep me humble, attentive, and willing to serve. Amen.

MY RESPONSE

7 DAYS OF DAILY BREAD / DAY 6

Put the Word into practice

READ James 1:19-27

James connects listening with doing. Scripture is meant to shape our speech, choices, and care for others. Rather than trying to change everything at once, notice one instruction in the passage and respond to it deliberately.

REFLECT

Which instruction challenges you most today: listening, controlling anger, guarding your speech, or caring for someone in need?

PUT IT INTO PRACTICE

Write one concrete response beginning with 'Today I will...' and follow through.

PRAY

Lord, help me do more than hear Your Word. Give me humility to receive it and courage to obey it. Amen.

MY RESPONSE

7 DAYS OF DAILY BREAD / DAY 7

Keep walking with Jesus

READ John 15:1-11

Jesus describes a life of remaining in Him. Growth comes from ongoing dependence, not from finishing a seven-day checklist. Look back over the week, notice what helped you draw near, and make a simple plan to continue in His Word, prayer, and love.

REFLECT

What helped you pay attention to Jesus this week? What habit will you carry into the next seven days?

PUT IT INTO PRACTICE

Choose your next passage and reading time. Invite a trusted friend to reflect with you if you would find that helpful.

PRAY

Jesus, help me remain in You. Let Your words shape my life, and grow fruit that reflects Your love. Amen.

MY RESPONSE

Keep growing: listen to What Hebrews 11 Teaches About Pleasing God at tdbpodcast.com/episodes/hebrews-11-pleasing-god.