

## The most important meal of the day

# **TAKE-AWAY!**

### Reading Guides

If you wanted a daily reading there are a few things you can use to help.

**The Bible In A Year** – Some bibles have a yearly reading plan, or you can buy bibles set out into a yearly plan.

**The Word For You** – UCB do 2 free publications, one aimed at everyone and one aimed at young people, it contains a daily bible thought, alongside some passages to read, if you don't have time for paper it's even available to read on-line.

### When Reading The Bible...

Choose a time when you're not rushed or stressed, try and make it a regular habit (it only takes 3 weeks to form a habit)

Choose a place where you are relaxed and won't be disturbed.

Begin by praying and ask God to speak to you through your reading

1. Don't just switch off and let your mind wander!

### **When reading the bible...**

Ask yourself: 'What does this say? What does this mean?  
How Should this affect me?

### Challenge Yourself!

*Use this space to write yourself a challenge from this session, it might be to read the bible every day, every two days or it might just be to give your bible a dust occasionally!*