

Practice 3: Read Scripture Daily

(adapted from pp. 60–61 of the Practicing the Way Companion Guide available at practicingtheway.org)

Our practice for this week is to **read Scripture daily**.

Last week, we conducted a formation audit. You may have identified habits, relationships or stories that seem to have a negative effect on you. This week, we want to replace an old habit with a new practice.

A good way to do this is by adding it to the daily prayer rhythm you started in our first week.

Daily Prayer (Recap)

1. Find a quiet, distraction-free place. This could be a corner of your home or somewhere outside.
2. Find a quiet time. This may be the first thing in the morning, during lunch break, or right before bed. The intent is to give God your best time of the day.
3. Settle in. Leave your devices at home or put them away in another room. Breathe deeply and let your mind and body quiet.
4. Open your heart to God in prayer. You could [use the Lord's Prayer](#) as a framework for your prayer, or pray a psalm.

Daily Scripture

Choose a section of Scripture to read. If you don't already have a reading plan, we recommend choosing one of The Bible Project's reading plans. (These are available at bibleproject.com/readingplans and on [The Bible app](#).) Some suggestions include:

- [Introduction to the Christian Faith](#) (9 days)
 - [Sermon on the Mount](#) (10 days)
 - [The Character of God](#) (6 days)
 - [What Gives You Hope?](#) (7 days)

Reading Scripture may take you 5 minutes or up to an hour. Start where you are.