

WHY WRITE THE BIBLE?

Have you ever opened your Bible and thought “Where do I start?” We have!

We always struggled to be consistent in our Bible reading and, by talking to others, found that we were definitely not alone. After Bryony heard the author Lara Casey speak about the power of ‘Writing the Word’, she decided to give it a go.

There are so many benefits to writing by hand. It helps you retain information more easily, it engages your brain in a more active and full way and it often sparks creativity.

We know now that writing the Bible is powerful stuff. There’s something about seeing God’s Word written in our own handwriting that can speak more powerfully to us than just by reading it. It doesn’t have to be perfect and the results don’t have to look pretty. You can do it first thing in the morning, last thing at night or while you’re waiting for your tea to brew!

We are now reading and writing the Bible nearly every day, not because we are super holy or disciplined but simply because we are doing something simple! And it’s changing us.

Why not give it a go?

WHERE DO I START?

In our journals, each day starts with **Thanksgiving**. This is an opportunity to note down the things we are thankful to God for; they might be as small as a hot cup of coffee or as big as an answer to a prayer you’ve been praying for months.

Next we grab our Bibles (any translation will do), find the passage and **Write the Word**.

Then we take some time to **Reflect** on what we’ve written. We highlight words that stand out to us, ask the question “What does this show me about the Holy Spirit?” and often finish by thanking God for His Word.

Finally, we **Respond**. Sometimes this looks like us writing a prayer, or making a note of an action we want to take as a result of what we’ve read, or heard God say.

This practice can grow as much as you like; there is no blue-print so feel free to be flexible and get creative!

Summer of Rest

ROOTED

Daily Journal Co.

BIBLE WRITING PLAN

In our busy, noisy lives, rest can seem to be hard to come by: we pride ourselves on being busy and the lines between work and rest become blurred as we are constantly interrupted by the ping of a phone notification or distracted by the lure of the latest TV series.

But there is a better way: a rhythm of working from a place of real, deep, regular rest. One that is inspired by God's faithfulness which enables us to rest well, knowing that He cares for us and is in control. Follow our six-week Summer of Rest Bible Writing Plan; there are five daily passages to write out plus two rest days each week.

Week One: Rest is God's idea		Week Four: Jesus & rest	
Day 1 Genesis 2:1-3		Day 22 Matthew 11:28-30	
Day 2 Exodus 20:9-10		Day 23 Mark 6:31-32	
Day 3 Exodus 20:11		Day 24 John 14:27	
Day 4 Exodus 33:14		Day 25 Matthew 8:24	
Day 5 Hebrews 4:9-10		Day 26 Mark 2:27-28	
Week Two: Rest over worry		Week Five: Sweet sleep!	
Day 8 1 Peter 5:7		Day 29 Proverbs 3:24	
Day 9 Isaiah 26:3-4		Day 30 Psalm 3:5	
Day 10 Philippians 4:6-7		Day 31 Psalm 4:8	
Day 11 Proverbs 19:23		Day 32 Psalm 127:2	
Day 12 John 16:33		Day 33 Psalm 62:1-2	
Week Three: An invitation to rest		Week Six: Rest in real life	
Day 15 Isaiah 40:28-29		Day 36 Psalm 23:1-3	
Day 16 Isaiah 40:30-31		Day 37 Psalm 62:5	
Day 17 Isaiah 30:15		Day 38 Psalm 91:1-2	
Day 18 Jeremiah 31:25-26		Day 39 Psalm 73:26	
Day 19 Jeremiah 6:16		Day 40 Psalm 116:7	