



BIBLE READING COMMITMENT SHEET

My Personal Bible Reading Plan

Email this to Sarah@ComeIntotheWord.com and I will pray for you.

Name _____ Date _____

I plan to set aside _____ minutes every day to read and pray with Scripture.

I will read (what?) _____

- When I wake up
- Before bed
- Before the _____ (time) Mass
- At Adoration: _____ (time)
- Other: _____

My reading partner (optional): _____

Getting Started

1. **Set aside a regular time.** To get close to God, we must spend time with him.
2. **Choose a suitable place.** Somewhere quiet and free from distractions, maybe before the Blessed Sacrament.
3. **Become silent inside.** “Power down.” Close your eyes, focus on breathing or a prayer phrase. Repeat the name of Jesus, call on his presence.
4. **Pray,** “Here I am, Lord.” Place yourself in his presence and listen for his still, small voice.
5. **Allow time** for what you read to sink in. Repeat, repeat, repeat.
6. **Listen deeply.** Savor what you hear. Don’t expect to always understand. Surrender to the Word, which is at times beyond understanding.
7. **Allow your heart to respond in prayer.** If you have nothing to say – simply thank the Lord for his Word and his presence.
8. **Be patient; persevere.** It takes time for seeds to grow.