Break And Meditate

A short verse and comment for each day of the month
revisiting earlier editions

249 B

NOVEMBER 2026

A BAM Publication

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Break And Meditate 249 NOVEMBER 2026 WEEK ONE

NOVEMBER 1

"the bride, the Lamb's wife" Revelation 21:9

"Behold the Lamb" said John when pointing to Jesus. The Apostle John in his great vision saw the Lamb take the book of sealed judgments of God. Who will the Lamb of God take for a bride? Who can match this Mighty Warrior whose vesture the prophet saw dipped in blood?

The bride is made up of the nations of those that are saved - the redeemed of all ages. This chapter describes the New Jerusalem in which they dwell.

Earlier John shows us a great multitude which no man could number of all nations and kindreds and people and tongues standing before the Lamb clothed with white robes. They have come out of great tribulation. Their song they learned on earth and its cry reverberates throughout heaven. Salvation to our God and to the Lamb.

NOVEMBER 2

"Repent therefore and be converted, that your sins may be blotted out" Acts 3:19(RAV)

The Apostle Peter lit a torch in his Pentecost sermon that has never been extinguished. Rather it has lightened the dark recesses of men's hearts the world over.

Sin is a mortal wound inflicted in the Garden of Eden and never successfully treated until Jesus the Son of God died on the Cross. Only because of this could man turn from his own way and begin to live God's way. It is the removal of the guilt and power of sin that makes this possible.

Repentance and asking the Lord to save you brings a real experience of sin forgiven, peace with God and hope of heaven. Believe it, proclaim it and you will have the joy of seeing others converted as a result.

NOVEMBER 3

"The disciples … determined to send relief unto the brethren" Acts 11:29

The next verse says "which also they did" and we can be sure it was because they were determined.

In our world it is not enough to be sorry for, or touched by, or grieve over someone.

Bread reaches hungry mouths, water parched lips and hope those in despair when men are determined they will. If you are determined to help someone today it's likely you will.

NOVEMBER 4

"David … behaved himself wisely" I Samuel 18:5

He had unexpected and rapid promotion. From an errand boy taking his brothers some food to an acclaimed warrior with the giant's armour stored in his tent, and that in one day, is some going.

From the rural life of a shepherd to the glamour of the palace, from an unknown to the bosom friend of the heir apparent and now in constant attendance upon an unpredictable king, made quite a change for him.

The higher you climb the more care is needed. If unexpected ascent is yours today - behave wisely.

NOVEMBER 5

"Your words were found, and I ate them" Jeremiah 15:16(RAV)

It is a contented heart that has Jeremiah's experience. The God Who chooses to remain invisible to the teeming millions on this planet whose every breath is dependent upon Him, does speak and His voice is heard. Sometimes finding Him only follows diligent seeking - like a merchant seeks pearls. For others it is like stumbling unexpectedly across treasure hid in a field. Whichever it is, our need is to recognise God's voice when we hear it. Few of us will reject what we know will do us good.

Receive the Word of the Lord today and like Jeremiah find it the joy and rejoicing of your heart. Discover or rediscover that the Lord is your Shepherd and that you are called by His Name.

NOVEMBER 6

"Others were tortured and refused to be released" Hebrews 11:35(NIV)

We admire the great heroes of faith, but what of those whose prayer for deliverance was not answered! We cannot remember them specifically for we do not know their names. Yet they deserve as great if not greater acclaim. They loved not their lives unto the death. How strong their faith was! How intense their love!

This attitude was like the Psalmist's who wrote 'Though he slay me, yet will I trust him' or the Hebrew boys who were threatened by the king if they did not bow down and worship the image he had made. 'Let it be known that even if God does not deliver us, we will not bow down,' they said.

We don't know why some are delivered and others not, but let not our ignorance affect our trust in the Lord!

NOVEMBER 7

"grant to your servants that with all boldness they may speak your word" Acts 4:29(RAV)

Few, if any, disciples would doubt the power of God's Word to accomplish His purpose in the hearts of men.

All would say its message was urgently needed in the days in which we live. The difficulty is in fearlessly preaching it. If every disciple of Jesus boldly proclaimed their Lord to all whom they met, the advance of God's Kingdom would escalate at a great pace.

But the Devil sees to it that threatenings are made with great intensity.

But the sincere and repeated voicing of the prayer the Apostles prayed right at the commencement of the New Testament Church will set present-day disciples free from fear.

Break And Meditate 249 NOVEMBER 2026 WEEK TWO

NOVEMBER 8

"Whoever digs a pit will fall into it" Proverbs 26:27(NIV)

Do you know the difference between a hole and a pit? A man may dig a hole to find water, or repair an underground system or lay a foundation, but a pit is a snare to trap someone or something.

It is not what you are doing, but what you are doing it for. Dig a pit and you might have the doubtful pleasure of seeing your brother's face as he falls into it. Perhaps not the same day, but not long afterwards, you'll fall into it yourself and then who will pull you out? Better to build a ladder.

NOVEMBER 9

"the children of Israel could not stand before their enemies" Joshua 7:12

Neither could Samson when he lost his God-given strength. Nor Peter when Jesus turned and looked at him after his denial in the Judgment Hall. David had a similar experience after his affair with Bathsheba.

You might be able to stand among your friends, but in the battle of life, can you stand before your enemies?

Sin is like a fatal chink in the strongest armour.

An old remedy that still works is "sanctification".

NOVEMBER 10

"they all with one consent began to make excuse" Luke 14:18

Have you met the man who takes ten minutes to explain why he has no time to do a five minute job? If you watch your television, read your book and do nothing for an hour before you answer the call for help, you may find you have no time to do it.

Twentyfour hours a day is just right, but if you're healthy and spend much more than eight hours asleep or able, and spend much less than eight hours at work, you'll have to make adjustment to compensate.

See if you can get through a day without making an excuse.

NOVEMBER 11

"He will renew your life and sustain you in your old age" Ruth 4:15(NIV)

The women of the city said these words to Naomi regarding her grandson. This little life was to bring her much joy and happiness and erase most of the sorrowful memories that must have haunted her. Thankfully, it is not the last time this has happened.

Deep sorrow does pass and often it can be seen to have been used of the Lord to bring you to a place of trust you have not known before. In her earlier sorrow and bitterness Naomi never lost her faith in the Lord. She may not have understood why things had taken such a sad turn for her, but she trusted the Lord nevertheless.

The result was a joy to behold as her life was restored and she was blessed in her last years.

NOVEMBER 12

"Blessed are those servants whom the master, when he comes, will find watching" Luke 12:37(RAV)

Many generations have passed since Jesus spoke these words. They are as pertinent to us today as they were to His hearers then. Living ready for the return of Jesus has characterised true discipleship all down the years.

Readiness is not idleness. At the Ascension the disciples were reprimanded for looking up into the sky! Gazing into heaven is not watching for Jesus. It is an attitude of mind and spirit as one goes about the many deeds of compassion and Christ's love that are needed around us.

Those who have gone before have lived watching: those alive today are doing the same. When the Master returns both will be caught up together with Him and for ever be with the Lord.

NOVEMBER 13

"their cry came up unto God" Exodus 2:23

I expect the Children of Israel asked each other why the Lord had led them into this difficulty.

Crying out is a reflex action when in pain and crying to the Lord is the prerogative of all who are His children. We now know that the oppression suffered by the Israelites was the precursor to their great Exodus from Egypt to be talked about in all generations, but they did not know this.

They may have thought that the Lord did not hear, but the truth was that He knew all the time. He had the matter in hand: their labour was part of the deliverance.

Cry out to God in distress and take heart. God knows, cares and comes down to help just at the right time.

NOVEMBER 14

"and comfort me on every side" Psalm 71:21

The Psalmist tells us that the Lord has shown him great and severe troubles but out of them all the Lord delivered him. He is confident that the Lord will bring him up again from the depths into which he has fallen.

Then he adds this extra blessing of comfort on every side. This was to replace trouble on every side, that we sometimes feel. The important point is that comfort will be on every side - not a thorn or wound in one area or a nerve that is exposed.

The Lord's refuge for His children provides safety and protection all round. The enemy would come up behind us and take us unawares; he would attack us on both sides so we do not know which way to turn. In both cases the protection of the Lord is on every side and the life that is hidden in Christ is safe.

Break And Meditate 249 NOVEMBER 2026 WEEK THREE

NOVEMBER 15

"the girl who is from the land of Israel" II Kings 5:4(RAV)

This servant girl would have flourished anywhere! She had been taken captive by a marauding band of Syrian raiders and sold into service in Naaman's household to wait on his wife.

She did not allow her captivity to quell her spirit and talked freely to her mistress about the homeland from which she had been stolen, saying she was sure that Elisha could cure Naaman of his leprosy.

Thus she became more than the girl from Israel because her bright convincing manner resulted in Naaman travelling to Samaria and getting healed.

It is not how humble your circumstances or poor your performance but whether you know the Lord and are shining in the place He has put you, that describes you.

NOVEMBER 16

"a disciple of Jesus, but secretly" John 19:38

We cannot condemn or commend Joseph of Arimathea for his secrecy, for we do not know all the circumstances, but we do thank God that he came forward to claim the body of Jesus when all the disciples had fled.

There are times when wisdom demands that we keep quiet - the story of Esther illustrates this. Yet it should be keeping quiet because we are awaiting the right opportunity to declare the matter openly. Fear, as was the reason for Joseph's silence, is not a valid reason.

It seems that the true faith in Joseph's heart refused to be cowed by fear any longer and he sought to make good what he had lost during his secret discipleship.

Secrecy is not the norm for disciples of Jesus.

NOVEMBER 17

"there is none other name under heaven given among men, whereby we must be saved" Acts 4:12

Words such as these spoken by the Apostles continue the message of Jesus Himself who said, 'No man comes to the Father but by me'. They dismiss any idea that other religions can be equated with the Christian Gospel in bringing man to God.

Religion is in the world as an expression of man's desire to be reunited with God. Jesus came into the world to make that desire a reality. No other way could be found. Once in the end of the age Christ appeared to put away sin by the sacrifice of Himself.

If ever you are tempted to accommodate other beliefs, read the story of the Acts of the Apostles. These men preached the resurrection of Jesus as being the only hope for a lost world.

NOVEMBER 18

"An angry man stirreth up strife" Proverbs 29:22

Anger is a strong emotion excited by a real or fanciful injury and involving desire for retaliation.

Some of us are subject to its passions more than others. All of us should pay more attention to its consequences. It can start a fire that quickly gets out of control.

A mild and gentle temper is the better to live with. Its possession is something worth having.

NOVEMBER 19

"The king was exceeding sorry" Mark 6:26

Yes, kings make gross errors as well as commoners.

Herod was carried away by the glitter of the dance and offered his daughter anything she wanted. Little did he know her request would be John Baptist's head.

Don't make an open-ended offer until you've unlimited means to support it. Better, be specific in what you offer and look carefully at what it involves before you make it.

Falling between two stools is a matter for remorse. You don't want to be exceeding sorry today, do you?

NOVEMBER 20

"Pursue love, and desire spiritual gifts" I Corinthians 14:1(RAV)

The one must not be separated from the other: to attain the highest love one must have the benefit of gifts of the Spirit.

Love, when it is not Spirit inspired, easily resorts to selfishness and becomes either philanthropic or erotic.

Desiring spiritual gifts without the overriding desire to excel in true love for God and one's neighbour can again be selfish and grasping.

The gift of the Spirit is given for everyone's profit. The greatest expression this can take is in assisting a person to love the Lord with all one's heart, soul and strength. Desire spiritual gifts for this supreme goal.

NOVEMBER 21

"my strength is exalted in the Lord" I Samuel 2:1(RSV)

This was not always Hannah's experience. She had been very low for a long time when it seemed her prayer was not heard and certainly not answered. Her case should be an encouragement to all who wait on the Lord for a special request.

To find someone has been through what you are experiencing and to meet them and see that they came out on top is very encouraging.

Hannah's song of rejoicing is worth reading. If not able to sing it now, you should prepare for it when deliverance comes from the Lord.

To prepare to receive from God shows us that you expect Him to answer your prayer. He does exalt those of low estate.

Break And Meditate 249 NOVEMBER 2026 WEEK FOUR

NOVEMBER 22

"You are the Christ, the Son of the living God" Matthew 16:16(RSV)

This was Peter's answer to Jesus' question "Who do you say I am?" directed to all disciples. It challenges us to publicise our answer. Anyone who answers as Peter did has responsibility to do something. Not an academic statement of religious belief but allegiance to a person.

Why is He here among us if He is the Son of God?

For what purpose is He anointed the Christ?

Then, most important, have we made Him our Christ, our Lord, our God?

Our relationship with Jesus can be as no other. This is not just a situation that took place 2000 years ago. Jesus is alive today. If our answer is like Peter's, it needs a commitment.

NOVEMBER 23

"five words … ten thousand words" I Corinthians 14:19(RAV)

Quite a difference! For the former you need to choose your words carefully: for the latter you can just babble on endlessly.

But worth comparing in spite of the difference. Which is better, five words appreciated or ten thousand that are meaningless? The two highlight the extremes. The Apostle said he spoke in tongues more than anybody, but indicated that this was not in church.

There he went for the 'five words' that would edify his brother.

God give you and me an experience that is so precious and personal that we return ten thousand thanks from an exultant spirit. But let this not be at the expense of those five words of counsel to our brother that shall mean such a lot to him.

NOVEMBER 24

"Learn to do well" Isaiah 1:17

Developing the body and educating the mind are not enough - we must learn to do well. Make the Lord your instructor by reading His Word and hearing His voice. Apply your heart to wisdom, pattern your life on the way of the Lord and practise it at every opportunity. Use yesterday's mistakes to improve today's performance. Work, make clean, put away evil and refuse to take it up again.

Pursue sound judgment, relieve the oppressed, provide for the fatherless and plead for the widow.

The above are some of the directives from the Lord in this verse that need applying.

NOVEMBER 25

"had spent all she had" Mark 5:26(NIV)

Something had changed for this lady. It wasn't just that she had run out of money. Her faith in doctors had been in vain but her faith in Christ had grown. If only she had come to Christ first, but sometimes we have to come to rock bottom to come to faith in Christ.

How easy to invest in this world only to get nothing that lasts.

The more we spend in this world, the more it costs us. How different it is with Christ. This lady came to Christ penniless but went away with a peace and freedom that money can't buy. So it is for all who come to Christ today. The more we give ourselves to Him, the more we receive of His abundant life within. Make Christ your heart's first desire rather than a last resort.

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NOVEMBER 26

"The man who thinks he knows something does not yet know as he ought to know" I Corinthians 8:2(NIV)

One of our boys came home from school on his first day and said rather disgustedly that they had not taught him to read. He thought he would have learned it all in the first day. I think he has come home everyday for many years now realising there is still more to learn.

Every day is given so that we might learn something.

Learning the things of God, that is of lasting value. God's dealing with me: His way in the world: His purpose in distress and suffering: what He is trying to convey to me.

All these are things I shall not pick up quickly.

Some I may be very slow to learn.

It is when I know nothing that God has the best opportunity to teach me something.

NOVEMBER 27

"I am setting a plumb-line among my people Israel" Amos 7:8(NIV)

Amos was a shepherd, raised up by the Lord to prophesy against Israel and though not professing to be a professional prophet, his indictment is long and extends over nine chapters.

In this chapter he threatens Israel with his vision of a plumb-line, a symbol of righteousness and truth. It was a standard that Israel needed to measure up to.

God's plumb-line of righteousness and truth has never been removed though most seem content to ignore it. It is a standard set by God's Son, the One by whom we shall be judged.

There is time for all who will to repent and believe the gospel and build straight lives by the power of the indwelling Holy Spirit.

NOVEMBER 28

"this he spoke concerning the Spirit" John 7:39(RAV)

This was the Holy Spirit Who He (Jesus) would pray the Father to send. He was to come as floods upon dry ground, transforming the heart of the seeking soul into rivers of water which flow out in blessing to all around. This has been the experience of every generation since the Day of Pentecost. Ever changing, ever refreshing, ever blessing, the Holy Spirit has satisfied the deepest longings of the heart while at the same time creating a desire for a closer walk with the Lord.

Believers were to receive the Holy Spirit when Jesus was glorified. Meet your heart's deepest need today by placing your empty vessel beneath this heavenly supply.

NOVEMBER 29

"he set meat before them, and rejoiced, believing in God with all his house" Acts 16:34

What a change from the night before! But salvation is like that. It changes a man, changes his family and his whole outlook. The men whom the jailer had led to the inner prison and fastened into the stocks were the very next day sitting at his table with their wounds washed and dressed having a meeting of praise to the Lord.

Perhaps Paul remarked to Silas that it was worth going to prison to see this family set free.

The gospel has not changed. While every family will not receive it, those that do can and do sit around the table and rejoice. The Christian family is the happiest family and the more they recognise what the Lord has done for them the happier they become.

NOVEMBER 30

"Though hand join in hand, the wicked shall not be unpunished" Proverbs 11:21

This collusion may be under the table or beneath the cover of darkness. It may be known only to a few or so master-minded that it goes undetected. Deception and intrigue may be the ingredients of this world's society but they are certainly not God's.

The lanes of life can appear to carry many who do not receive just measure. Few of us meet days when there isn't something that looks to be unfair.

No sin will escape God's notice or judgement. Only those who do right will go free.

ADDITIONAL READING

"how were your eyes opened?" John 9:10(RSV)

He knew the answer to that one!

If you've had the experience, you can usually give a straight-forward account of it.

It's perhaps when you don't know what you're talking about that you try and go into great detail.

How were your eyes opened? And if you can't answer clearly and positively, stop pretending. Seek the Lord Jesus who still opens blind eyes, get the experience and then tell plainly what the Lord has done for you.

[Note: From issue No 199, each Break And Meditate booklet published has sufficient readings for 31-day months so is not tied to any particular month of the year. The additional reading for this month is included above.]

Quotations used in this document are from the Authorised Version of the Bible unless indicated by one of the following:

RAV – Revised Authorised Version
(Samuel Bagster 1982 Edition)
NIV – New International Version
(1984 edition NY Bible Society)
GNB – Good News Bible
RSV – Revised Standard Version

Break and Meditate

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