

Quiet Time Tips

- 1. Establish a regular place and time** – We are creatures of habit. If we know when and where we will meet with God daily we are much more likely to do it. Build it into your daily schedule. If this is new for you, start small, commit to it and God will grow it. Keep all your “tools” (Bible, journal, pen, etc.) together in your designated spot so you’ll always be prepared.
- 2. Start with prayer** – Ask God to speak to you and help you understand His Word today. Thank Him for meeting with you.
- 3. Begin to read the Bible** – Remember your purpose is to communicate with God. Expect God to speak to you through His Word. Don’t read hastily just to get through the passage. Let God stop you.
- 4. Meditate on the passage** – Meditation is not emptying your mind. It is deep thinking on spiritual truths. As you read, linger over verses that impact you. Ask God questions and “listen” for His answers. Does this passage reveal something you should ...
Believe about God? Praise or thank or trust God for?
Pray about for yourself or others? Make a decision about? Act on?
- 5. Pray as read** – Time with God should be interactive. Respond to God as He speaks to you through His Word.
- 6. Journal** – Record what God says to you and how you will respond. Writing can help you stay focused on God and His voice.
- 7. Memorize** – Commit to memorize verses God calls special attention to. Knowing Scripture by heart helps us guard against sin, reminds us of God’s promises, provides guidance, and allows us to meditate on God’s Word anywhere and anytime.
- 8. Application** – Apply to your life whatever God says to you through prayer and His Word. It may be repentance. It may be a change in behavior. It may be a specific action. But whatever it is, do it.