

QUIET TIME GUIDE

God's Word helps us know Him more, and grow stronger spiritually. That's why every minute spent in God's Word is valuable— whether it's five or fifty.

Use this scalable quiet time guide to make the most of your minutes no matter the season of life you're in.

5

WHEN YOU HAVE FIVE MINUTES

Listen to the assigned Scriptures while you...

- Get ready for the day
- Wait in carline
- Nurse your baby
- Tidy the house
- Drive to work
- Stretch

Reflect | Sit and reflect on the following questions in your journal or notes app in your phone (3 minutes):

- What did today's reading reveal about God's character?
- What action is God asking you to take based on what you learned today?

Pray | Tell God one thing you are grateful for, and one specific area you need His help today (2 minutes).

15

WHEN YOU HAVE FIFTEEN MINUTES

Read the assigned scriptures via a physical Bible or a Bible app (5 minutes).

Reflect | Use our R.O.U.T. journaling guide to process and apply what you have read (5 minutes).

Pray | Thank God for who He is and what He's done. Confess any sins that have been revealed through the truth of God's Word. Cast any anxieties you woke up with on God and leave them in His trustworthy hands. Sit in silence, listening for His voice. Journal anything He speaks to you (5 minutes).

Dynamic Living For Menjournal And Quiet Time Guide

Kathleen Armour



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