

# 5 Steps to a More Effective Quiet Time

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It can be hard to get into a consistent quiet time routine. I know you want to do it, and you're intentions are good. But if you're like me it's easy to get too busy, too distracted or even too frustrated over where to start to find something that really works for you. Remember, your quiet time is about building intimacy in your relationship with God. That will look different for everyone.

I have a friend who is a talented artist. She spends part of her quiet time illustrating the passage she is reading. I'm not artistic, so that wouldn't work for me. But it works great for her. Be on the lookout for what works for you, and remember that your quiet time might look different in various seasons of your life. Here are five ideas on how to get started or change things up.

**1. Find a quiet spot where you can be alone with God.** Having the same meeting time and spot will help you stay consistent. I prefer to meet with God in the comfy chair in my bedroom every morning. I keep a basket next to my chair that holds my Bible, my journal, a few devotion books, the current Bible study I'm doing and a few pens and highlighters. That way, everything is handy when I stumble over to my chair first thing when I wake up.

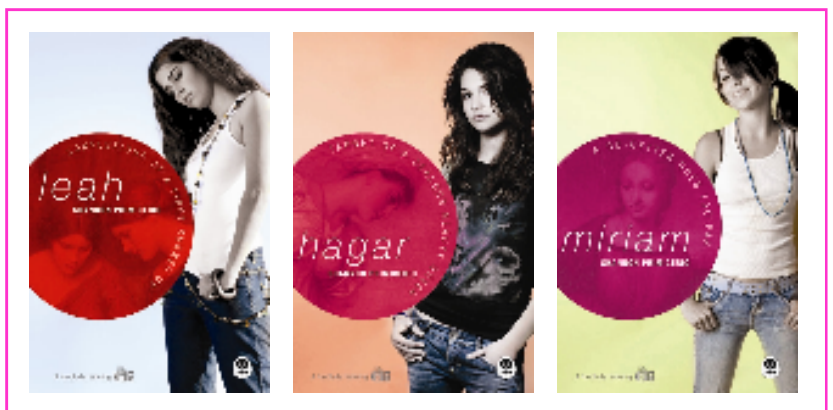
If you create a consistent quiet time routine, others will quickly learn not to interrupt you. Don't be afraid to tell your parents and siblings what you are doing. You may even want to create a special signal to let others know not to bother you. My friend Robin Jones Gunn used to light a candle on the table next to her so her husband and kids would know not to intrude on her special time with God. Just remember to ask nicely when you express your need for privacy.

**2. Prepare your heart and your calendar.** Try to set aside 30 minutes to 1 hour each day so you don't feel rushed in your time with God. Being in a hurry will make you feel distracted and on edge. Begin by taking a deep breath and mentally releasing all of your worries and distractions. Ask God to keep you focused on Him and what He has for you in this time.

You may want to start with reading a short devotion from a book like *Streams in the Desert* by L.B. Cowman or *My Utmost for His Highest* by Oswald Chambers. Both books come in modern translations and contain a verse and short thought that will help you get your mind and heart in a place where you can hear from God. Actively engaging by taking notes, writing in a journal or highlighting and underlining can also help you stay in the moment because you aren't just sitting in silence—which can make it easy for your mind to wander.

**3. Use Bible study tools.** Don't be intimidated to use something that will help you know exactly where to start each day. Typically I use a women's Bible study or a writer's Bible study to help me dig into the Word and make application. You may be interested in using one of my True Life Bible studies on the lives of Leah, Hagar and Miriam. The important thing is to select a tool that will help you figure out where to begin reading and how to apply what you read to your own life.

Reading a Proverb or Psalm a day can also be a rewarding way to spend part of your quiet time. If you would like to receive a **FREE** copy of my *Bible Bites* daily reading plan please sign up for my email newsletter at [www.beingagirlbooks.com](http://www.beingagirlbooks.com)



# 5 Steps to a More Effective Quiet Time (2)

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**4. Keep a written record of what God is showing you.** I know that some people aren't the journaling type. That's OK. You don't have to keep a diary where you record daily events or your innermost secrets. But keeping a quiet time journal can really enhance your relationship with God. Begin by dating each entry and writing down any Scripture verses or quotes from your Bible study tools that jump out at you. Write at least 2-3 sentences about why you find them interesting or what you think God might be saying to you. I'm still amazed when I look back through my old journals and read the entries from the time when I first discovered God was calling me to be a writer. On days when I doubt or get discouraged, I can easily return to those journals and remember what it felt like when God first called me.

Writing out prayer requests and answers to prayer is also important because it will help you remember God's past faithfulness on days when you feel like He cannot hear you. When I was in college, there was a season where God prompted me to pray for my future husband (whom I hadn't met yet). All I knew was that I was supposed to pray that God would show Him to end the relationship He was currently in. Imagine my amazement years later when I discovered my husband had been in a relationship that was headed toward marriage during that very same time of my dated journal entries. Keep a written record of what God shows you in your quiet time.

**5. Talk openly with God.** I always close out my quiet time with prayer. Whenever possible, I like to get down on my knees and do it. Not because I think God hears me better when I'm on my knees, but because I tend to be more aware of what I'm doing and saying (and Who I'm talking to) when I get into that position. I also try to pray out loud or in writing because it prevents me from getting distracted when I pray.

A few years ago, I learned the ACTS method of praying. I try to cover four key areas in my morning prayer time: Adoration (worshiping God for who He is), Confession (asking for forgiveness of any sin I have in my heart), Thanksgiving (praising God for answered prayer and the good things in my life) and Supplication (praying over specific requests for me and others). When I get stuck, I also try to pray Scripture verses for people. For instance, if I know someone who is really struggling I might pray Romans 12:2 for him or her and insert his or her name into that verse.

Remember, your quiet time is about you and God. Don't be afraid to express the personality God has given you when you spend time alone with Him. Do what works for you, and if you have an idea you want to share email me at [shannon@beingagirlbooks.com](mailto:shannon@beingagirlbooks.com)



An author of ten books, Shannon Primicerio teaches teenage girls how to apply the Bible to the drama of real life and read it like it's God's love letter to them. By helping girls establish intimacy with Christ, she puts them on a path that will ensure they will still be walking with Him long after high school and college.

Her books and conferences provide:

- \*Guidance and structure for how to have a daily quiet time
- \*Strategies for battling peer pressure in areas like dating, purity and friendship
- \*Insight on how to see yourself as the beautiful treasure you are
- \*Direction on how to find your purpose and live your passion for the glory of God

You can learn more about Shannon at [www.beingagirlbooks.com](http://www.beingagirlbooks.com)