

## 9 WAYS TO KEEP YOUR QUIET TIME WITH GOD VIBRANT

GRACE FOX – author of *Peaceful Moments to Begin Your Day: Devotions for Busy Women* and *Morning Moments With God: Devotions for the Busy Woman*

- **Decide what time of day works best for you.** Some folks enjoy early mornings for Bible reading and prayer time. Others use their lunch breaks. Some prefer to spend a few minutes with God at bedtime. Circumstances and life seasons change, so be flexible.
- **Create your own “sacred space.”** Find a place that’s welcoming and make it your own. Ensure good lighting. Keep a basket nearby to hold your Bible, journal, and study resources so you don’t waste time hunting for these things.
- **Choose a Bible version that’s easy to understand.** I’ve used the New International Version and New American Standard Version in the past. Currently I use the New Living Translation. You might prefer a different version. That’s okay—each to his own.
- **Set realistic goals.** I read only one or two verses per day when my kids were young and my time with God was limited. Now I read through the Bible in a year using the New Living Translation’s *One Year Bible*. It’s better to do what works than to set unrealistic goals and then quit because they’re unattainable.
- **Keep a journal.** Some people write their insights in great depth. Others write only a single thought or a short prayer. Do what suits your nature knowing that journaling serves a dual purpose: Writing the insights you glean helps you process and remember them, and it enables you to see how you’ve grown spiritually over time.
- **Add variety.** Over the years, I’ve supplemented (not replaced) my Bible reading with a good devotional book or a women’s Bible study. Occasionally I’ll play quiet worship music, close my eyes, and meditate on the lyrics. Sometimes I read the Psalms aloud to the Lord. Often I read the Word and then go for a walk, praying aloud as I go.
- **Regard it as a special time to build your friendship with God.** Several years ago, I thought I’d multi-task by using my quiet time to prepare a women’s Sunday school class I taught. I soon realized that I was cheating myself, and God. As author Bruce Wilkinson writes, I’d become an expert at serving God and a novice at being His friend. Ouch! Ensure that your goal is to become an expert at being His friend.
- **Ask God to speak to you.** When we meet with a good friend, we enjoy a two--way conversation. The same is true when we spend time with God. He invites us to tell Him our needs and concerns, but He desires to communicate His heart with us, too. So, go ahead— share your thoughts with Him but be still and listen for His voice, too. Write down what He says.
- **Avoid compartmentalizing your quiet time with God.** What new insights did you learn about God’s character? What instructions did He give? What promises did He offer? Now take these thoughts gleaned in your “sacred space” and apply them as you go throughout your day. That’s when personal growth truly occurs.

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