

How to Have a Quiet Time

A quiet time is a personal, intentional meeting with God—a time to slow down, focus on Him, and grow in your relationship with Jesus. Here’s a guide to help you include prayer, worship, Bible study, journaling, and meditation in your quiet time.

Be consistent, if possible carve out the same time and place each day. Keep all your “supplies” in this area—journal, Bible, glasses, pen, highlighter, notecards, etc. This will help prepare your heart and mind to connect with God (and let others know not to interrupt you).



Prayer

Begin by inviting God into your time. Thank Him for His blessings, confess any sins, and share your heart. Ask for wisdom and understanding as you spend time in His Word. Each day can have a different focus so that this does not become routine.

- Monday pray for family
- Tuesday pray for church family
- Wednesday all about worship—no asking, just thanking and worshipping
- Thursday pray for missions/ministry in your community and beyond
- Friday pray for leaders
- Saturday/Sunday pray for whatever God lays on your heart

Worship

Worship softens your heart and helps you focus on God’s greatness. This can be through singing, listening to worship music, or silently praising God for who He is.



Bible Study

Read a passage of Scripture slowly. Observe what it says, understand what it means, and apply it to your life. Consider using a reading plan or focusing on a specific book of the Bible.

Journaling

Write down key verses, insights, thoughts and prayers. Journaling helps you process what God is teaching you and creates a record of His faithfulness.



Meditation

Take time to sit quietly with God, reflecting on His Word. Let the truth sink deep into your heart. You might repeat a verse or phrase (or even work on memorization), allowing it to shape your thoughts and actions.

Sample Quiet Time Flow (20–30 minutes)

1. Prayer (3 min)
2. Worship (5 min)
3. Bible Study (10 min)
4. Journaling (5 min)
5. Meditation & Closing Prayer (5 min)

Quality is more important than quantity. It’s better to have 10 minutes of genuine connection than an hour of distracted reading.