

## *How to have a good quiet time...*

- 1. Get a good Bible.**  
I think the translation we read matters. Find one we can understand. I would suggest, NIV, NLT, ESV or CSV. Even a Teen Study Bible will work!
- 2. Location. Location. Location.**  
Find a spot in your room or living room. A comfortable chair with a lamp or window.
- 3. Decide when.**  
When Jesus spent time with the Lord, it was typically in the mornings. That might be a good time for us too! Make it a routine. Set a schedule for yourself.
- 4. Get rid of distractions.**  
Put the cell phone on the other side of the room (or don't even turn it on.) I have found even when I use my phone for my quiet time, notifications pop up and then my mind wanders. It's not really quiet then.
- 5. Have a plan.**
  - Pick a resource to help you: F260. One Year Bible. Various devotionals. Bible App. (not recommended but possible.)
  - Read, study, meditate, memorize, pray.
  - Routine. Take the 30-day challenge! The 21/90 rule: "It takes 21 days to make it a habit and 90 days to make it a lifestyle."
- 6. Journal.**  
Write down what the Lord is teaching you. It can be just a couple of sentences or just write a prayer. When we write it down, we remember it! Some time I write in the margins in my Bible or find a cool journal to write in.
- 7. Accountability.**  
Make a covenant with a friend or two. Tell them what you are doing and start a group text about what the Lord is teaching you in your quiet time. OR tell your Life Group leader and ask them to check in on you once a month (or more often) about what the Lord is teaching you.

### *Resources: Click the Links Below*

[How to Study the Bible by Jen Wilkin](#)

[Howard Hendricks' 4 Bible Study Steps](#)

[Four Simple Steps for Doing Bible Word Studies by Dr. George H. Guthrie](#)

[What is a HEAR Journal? By Robby Gallaty](#)

[One Year Bible Reading Plan](#)