



Finding Time for Quiet Time

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
12 am							
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Finding Time for Quiet Time

We've created this timeline to help you develop a strategic plan for your quiet time with God. Simply create a color code below and fill in the event on the timeline with the corresponding color. Not all the events listed will apply to your life. We've provided some blanks for you to customize using any unique time consumers in your life. Once complete, evaluate your time with the checkpoints below.

Sleep <input type="text"/>	Work <input type="text"/>	Meal Prep <input type="text"/>	Meal Time <input type="text"/>	Exercise <input type="text"/>	Pet Care <input type="text"/>
Family Time <input type="text"/>	Home Cleaning <input type="text"/>	Grocery Shop <input type="text"/>	Laundry <input type="text"/>	Church <input type="text"/>	Small group <input type="text"/>
Me Time <input type="text"/>	Budgets & Bills <input type="text"/>	Social Time <input type="text"/>	Date Night <input type="text"/>	Volunteering <input type="text"/>	Study Time <input type="text"/>
Appointments <input type="text"/>	Carpool <input type="text"/>	Kids Activities <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Do you have 30 minutes of open time each day? _____ If yes, this is your best time to do your quiet time with God.

If your answer was no, are you sleeping more than 8 hours? _____ If yes, adjust either in the morning or at night and let this be your quiet time.

Are there times in your day when the kids are at school, your baby is sleeping, or in between your classes that you can set aside time? _____ Designate your quiet time during these moments.

Do you have a lunch break? _____ Choose time with God over surfing the web, meeting friends or running through the drive-thru. Pack your lunch to save time (and money).

Now that you see your schedule in front of you, are there ways you can change how you spend your time? _____ If yes, let this be your quiet time with God.

If you've gotten here and there is no open time, it's okay. We've all been there! In your car: choose worship music, a Christian podcast, or an encouraging audible book. This allows prayer, worship and God's word in your busy schedule. If you need to keep a devotional in your bathroom to allow your bathroom break to be devoted to God, let it! There are also apps designed to allow for quick, guided time with God. When you have any open pockets of time, be intentional to spend it with God.

Draw near to God, and He will draw near to you.

James 4:8





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- Sleep Work Meal Prep Meal Time Exercise Pet Care
- Family Time Home Cleaning Grocery Shop Laundry Church Small group
- Me Time Budgets & Bills Social Time Date Night Volunteering Study Time
- Appointments Carpool Kids Activities _____

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