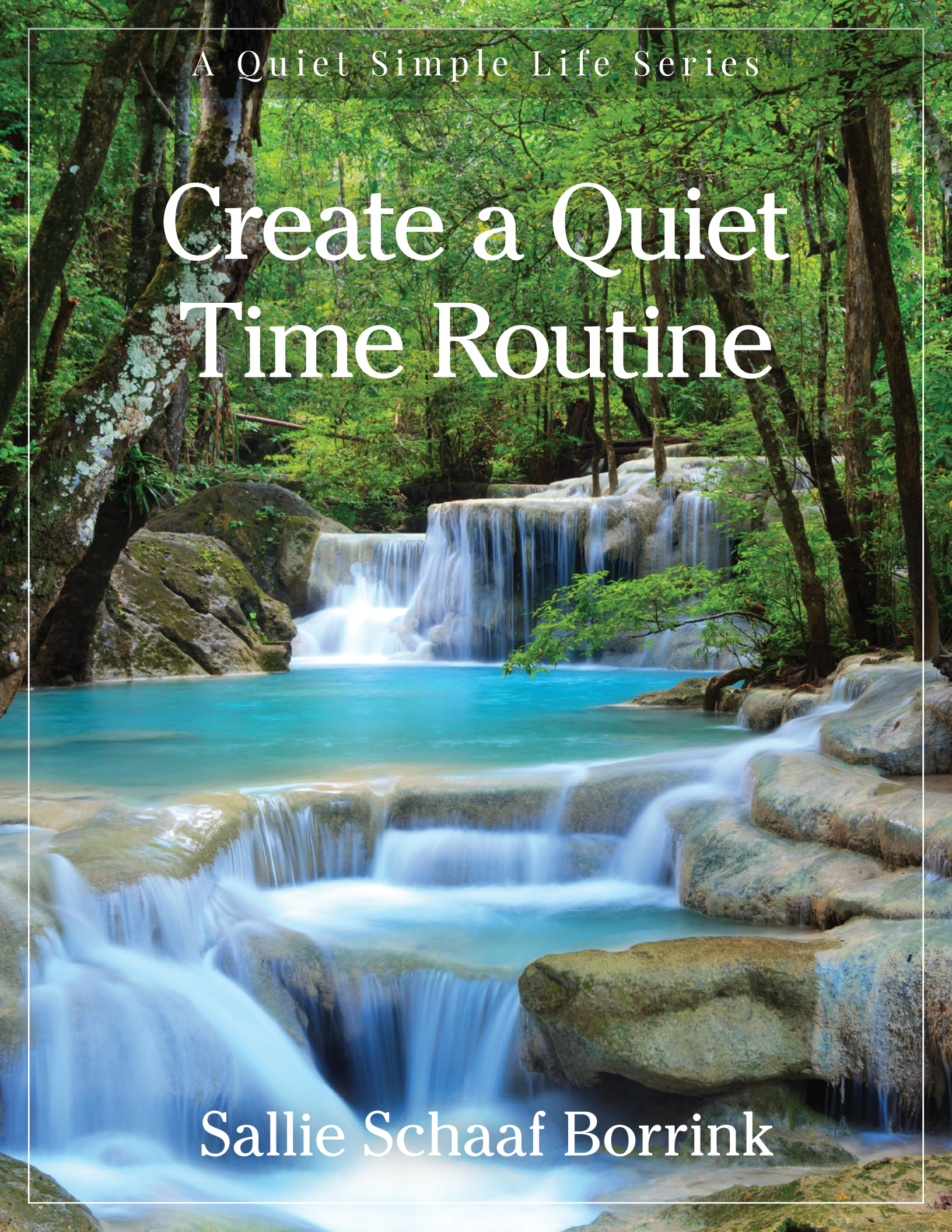
A Quiet Simple Life Series

Create a Quiet Time Routine



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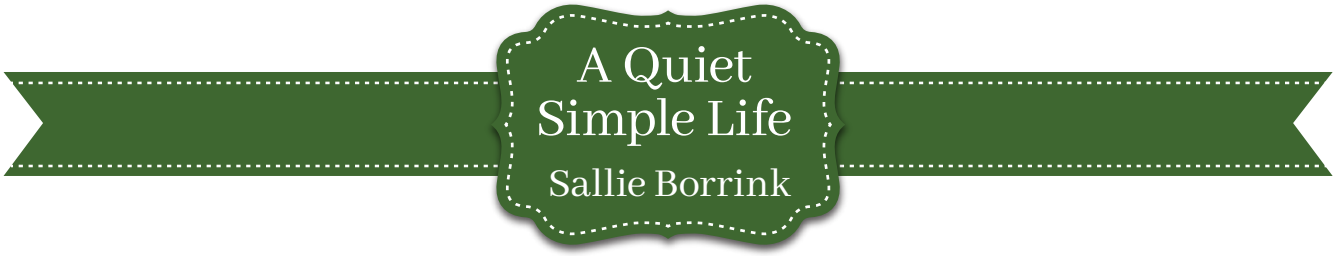

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Contact Me

Email: Sallie@SallieBorrink.com

Website: SallieBorrink.com

Shop: SallieBorrink.com/shop

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Create a Quiet Time Routine

Most Christians believe in the importance of having a regular quiet time to meet with the Lord in prayer and reading the Bible. At the same time, many of us struggle with being consistent. If you would like to improve in this area, this exercise will help you develop a plan. Before answering the questions below, ask the Lord to give you wisdom and understanding and to open your eyes if there is some truth you are missing.

At what time in your life did you have the best quiet times? What made them so good?

What would your ideal quiet time look like now that also fits with the current reality of your life?

What is the biggest obstacle to having a quiet time each day? How can you take a few small steps to overcome that obstacle?

What could you change in your daily routine that might make a quality quiet time more possible?

Is there a minimum quiet time routine you could start with and then slowly try to grow? For example, could you commit to starting with five minutes as soon as you wake up and before you do anything else to read a few verses and pray?

For the next week, I will . . .

For the next month, I will . . .

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