



BEGINNER'S GUIDE

# How to Start a Quiet Time

*Meeting with God daily — simpler than you think*

*“In the morning, rising up a great while before day... he prayed.” — Mark 1:35*



START HERE

# You don't need to be a 'super-Christian'

A 'quiet time' just means a regular slot to spend time with God — reading a bit of the Bible and praying. It's not a religious performance or a box to tick. It's a relationship. And like any relationship, it grows by showing up consistently, not perfectly.

If you've tried before and it didn't stick, that's okay. Start small. Five honest minutes beats an hour you dread. Here's a simple way in.

## A simple method: R.E.A.P.

**R — Read.** Pick a short passage (start in the Gospel of John or Mark). Read it slowly, maybe twice.

**E — Examine.** Ask three questions: What does this show me about God? About people? About how to live?

**A — Apply.** Choose one thing to actually do or believe differently today because of what you read.

**P — Pray.** Talk to God about it in your own words — thank Him, ask Him, tell Him what's on your mind.

**Tip:** Keep a notebook or use the notes app. Writing one line about what you read helps it stick.

## Beating the three biggest excuses

**'I don't have time.'** You have five minutes. Attach it to something you already do — right after you wake, or before bed. Tiny and daily wins.

**'I get distracted.'** Put your phone on silent (or use it only for the Bible). A quiet spot and a set time help your brain settle.

**'I don't know what to read.'** Follow a plan. Try one chapter of John a day for 21 days — grab our 21-Day Challenge tracker.

**Remember:** The goal isn't a perfect streak — it's a real friendship with God. Miss a day? Just start again. He's not keeping score.

## My quiet time plan

When I'll do it: \_\_\_\_\_ Where: \_\_\_\_\_

What I'll read first: \_\_\_\_\_



Who can keep me accountable: \_\_\_\_\_