



## Tips and Tools for Transforming Your Quiet Time

- **Make it a date**  
Treat your quiet time as an appointment or date with God. Pick a time and a place to meet daily with Him. And like you would with any date, put your best foot forward. Don't wait until very end of your day when you're exhausted to begin your quiet time. That's a sure prescription for sleep.
- **Arrive with great expectation**  
The Bible tells us that we should present our requests to God in the morning and wait in expectation. Expect that God will speak to you through His Word.
- **Pray in PART**  
PART stands for Praise, Admit, Request, Thanksgiving. Praying in this format, we remember the various aspects of praying. Writing prayers in a journal will help in tracking how God answers.
- **Pick a passage**  
Part of your quiet time should consist of studying the Bible. Since the Bible is God's revelation to us, it's the primary way He speaks to us. Reading His Word helps us to get to know Him and learn to hear His voice. Before starting to read, pray and ask for understanding. One way to begin is to read one chapter of Psalms or Proverbs each day. You could also pick a book of the Bible to read and study for one month. The important thing is that you're reading the Bible.
- **Meaningful meditation**  
It's important to be quiet and listen for the Holy Spirit's leading. Meditate on the Scripture(s) that seem to speak to you that day. God can bring thoughts to mind when we're quiet and allow Him the opportunity to speak.
- **Take note**  
Keeping a journal is a great way to see how God is speaking to you. Record any verses or thoughts that stand out to you during your quiet time. You'll often be able to see how God is working as you read back through your journal.
- **Count on a friend**  
Find a friend who will serve as an accountability partner. That is, someone who will check in with you to make sure you stick to your commitment of having a daily quiet time with God.