**How to Have a Quiet Time**

* Set your quiet time at a specific time each day (start with an amount of time that is doable for you, e.g., 15 minutes).
* Choose a comfortable place that no one will interrupt and that is quiet. No noise.
* Meet God there every day.
* Pray for God to open your heart and your ‘spiritual’ eyes and ears to understand His message to you.
* Pick a book of the Bible to read and study five to fifteen verses and then be still before God, and listen.
* Choose to read a devotional with Scripture verses, e.g., Daily Light by Bagster/Lotz; Jesus is Calling by Sarah Young.
* Quiet time also includes prayers of thanksgiving, praise, intercession, and petition.