QUIET TIME BUFFET

WHEN WHAT YOU'RE DOING GETS STALE, CHANGE IT.

↻ After you do any option four times, mix it up.

One of the easiest mistakes to make with time with God is assuming that because something worked for a while, you have to keep doing it forever. You don't. Your goal isn't to become incredibly loyal to one devotional method. Your goal is to keep meeting with Jesus.

Think about eating. You need food consistently, but you don't have to eat the exact same meal every day. In the same way, there are lots of biblically healthy ways to read Scripture, pray, think, worship, and spend focused time with God.

When something is helping you, keep doing it. But after you've done the same thing several times and you notice yourself beginning to check out, mix it up. Pick something else from the menu. This isn't homework. You aren't collecting spiritual achievement badges. You're learning how to keep showing up to meet with God.

> **Try this:** When your normal quiet time starts feeling stale, don't immediately conclude, "I'm bad at this." Ask a simpler question: "What could I try tomorrow?"

BIBLE

OPTION 1	Do your Bible reading plan.
OPTION 2	Meditate on and pray through verses you've previously highlighted.
OPTION 3	Read a chapter the Holy Spirit lays on your heart or brings to mind.
OPTION 4	Do a character study on a prominent person in Scripture. *(Pen or computer.)*
OPTION 5	Summarize a book of the Bible, paragraph by paragraph. *(Pen or computer.)*
OPTION 6	Listen to Scripture in an audio Bible app such as Dwell.

PRAYER

OPTION 1	Pray from a prayer list: family, extended family, church leaders, and the world.
OPTION 2	Pray through your church's prayer requests.
OPTION 3	Journal your prayers—write them out.
OPTION 4	Write a letter to the Lord when you're overwhelmed or don't know what to say.
OPTION 5	Pray through A.C.T.S.: Adoration, Confession, Thanksgiving, Supplication.
OPTION 6	Ask the Holy Spirit to bring to mind any sin you need to confess and repent of.

DEVOTIONAL BOOKS

OPTION 1 A daily devotional.

OPTION 2 A Christian living book.

OPTION 3 A book that stretches your thinking about God.

OPTION 4 A book that enlarges your vision.

OPTION 5 Twenty minutes of any spiritually profitable book, or an audiobook the Lord lays on your heart.

BONUS

OPTION 1 Go on a nature walk.

OPTION 2 Worship God with songs that are meaningful to you.

OPTION 3 Visit a place where you've seen God move in the past, and pray there.

OPTION 4 Get on your knees or lie prostrate, and worship God for His mercy and faithfulness.

ADD YOUR OWN

How do you connect with God? Write your own ideas here.

THE GOAL ISN'T TO FINISH THE BUFFET.
THE GOAL IS TO KEEP MEETING WITH JESUS.