

## Day 7

# The Habit of Quiet

Today I'm sharing some thoughts and ideas about the habit of quiet time. It's the single most important part of your day! Let's make the habit of quiet time a priority. Plus, be sure to download my free printable prayer journal at the end of the post!

I know what it's like to wake up with your feet running to meet all the demands of the day. Being a wife, mom, and homemaker isn't easy and there's always so much to do! If you have a family and/or

work outside the home, your time is probably already stretched so thin it might feel difficult to fit one more thing in.

But I promise, if you cultivate a habit of quiet time into your day you will see a transformation not only in how your day runs, but also in how you feel.





“Be still and know that I am God.” Psalm 46:10

God calls us to stop what we are doing and to know Him. It's hard to get to know someone if you never stop the busyness of your day and spend time with them, right?

Ann Voskamp so eloquently said, “Those who seek to be still and quiet will find a beautiful portal through which God's voice of love can be heard.”

It's when we take the time to be quiet that we can listen to the voice of God speaking to our hearts. If you aren't in the habit of quiet, I'm sharing a few tips to help you get started.

## **#1 Create a Place of Worship**

Choose a place in your home that comforts you, makes you happy, or makes you feel at home. If you don't have a place already, that's okay! You can choose a favorite chair, a favorite nook, or even a small closet. Gather together a few things, for instance:

- a Bible
- a devotional book
- a concordance
- prayer journal
- daily Bible reading tracker
- pen and paper
- pencils
- items for coloring in your Bible
- tissue
- a candle and matches
- a blanket
- inspiring note cards

## **#2 Choose a Time**

I always suggest women begin their day with quiet time. Mornings are not the only time you can have your prayer and devotion, but just like the manna would disappear as the day wore on, often it's harder to find time to sit still and be quiet when you're already in the thick of the day.

There's so much to do, so many people who need your attention... it can be difficult to make time for God once the day has gotten started.

If you don't consider yourself a morning person, I highly suggest you try to wake up 15 or 30 minutes earlier than you normally do to cultivate the habit of quiet. If your space is ready for you to sit down and read and pray, you'll find it's easier than you think!

Now, if you are in a season of motherhood where you are still waking up several times at night to feed your baby or where you find yourself needing a nap everyday, give yourself grace for this season! It's perfectly okay to read your Bible while you nurse a baby or to have a devotion and prayer time with your little one at your feet.

### **#3 Make it a Habit**

It takes roughly 28 days to create a solid habit. If you have struggled with making quiet time a habit in your life, try to make a commitment for the whole month to spend time in God's Word and spend time every day in prayer.

- create your space
- choose your time
- be consistent

Your quiet time doesn't have to last an hour. It doesn't even have to last 30 minutes. To start, set aside 15 minutes. Then, as you find yourself cultivating the habit of quiet time, you can spend longer periods in prayer and study as you are able.

You may want to sip a cup of tea or your favorite hot drink in the morning as you enjoy the quiet time. Hot water and lemon is a great way to start the day, too, and cleanses you from the inside.

Make your quiet time something you enjoy and look forward to and waking up earlier won't be such a hard thing.

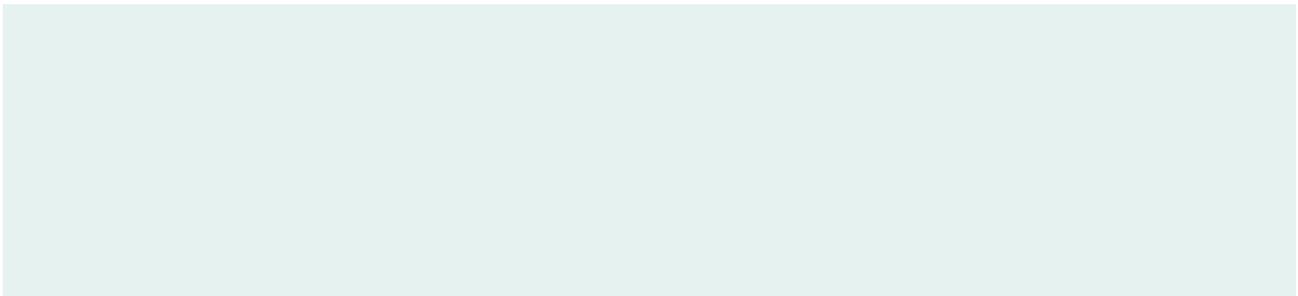
Creating an atmosphere of peace and love in your home is so much easier when you are filling your heart everyday with the habit of quiet. I hope you'll make time today!



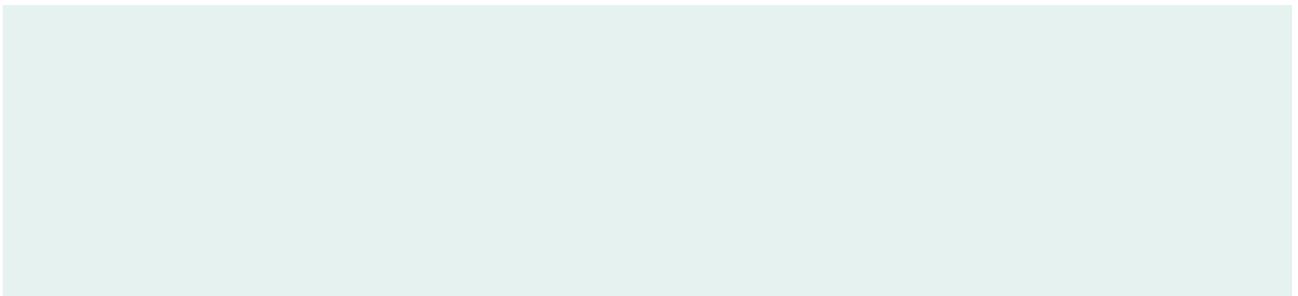
# Morning Prayer

The Bible has much to say about prayer. Write the verses below and reflect on their meaning. How can you apply these verses to your life today?

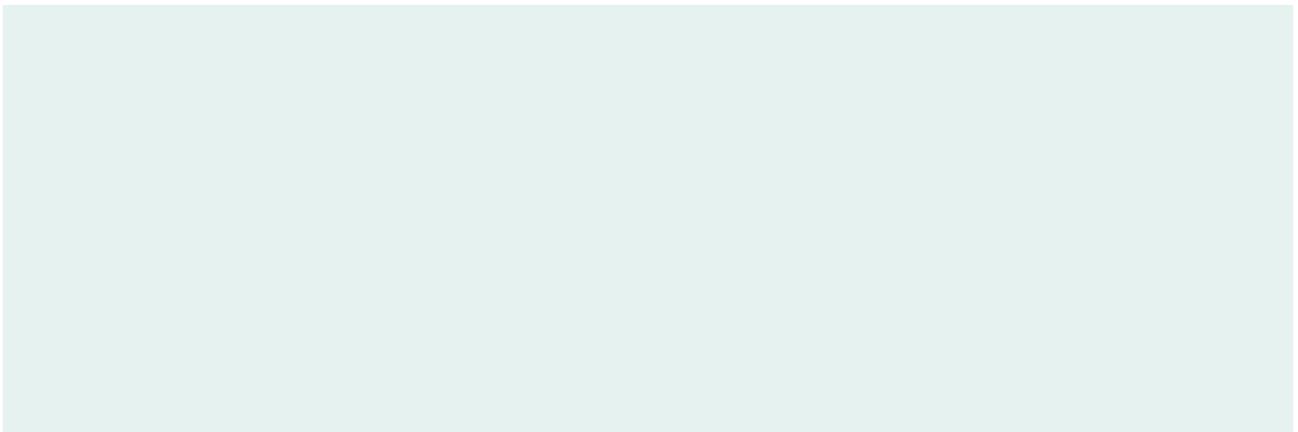
## Mark 1:35



## 1 John 5:14-15



## Psalms 143:8





# 30 DAY BIBLE READING PLAN

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| DAY 1  |  |
| DAY 2  |  |
| DAY 3  |  |
| DAY 4  |  |
| DAY 5  |  |
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| DAY 28 |  |
| DAY 29 |  |
| DAY 30 |  |



