



# 8 Tips

## To Improve Your Quiet Time

Darryl Burling

**Every Christian wants to grow their relationship with the Lord. Yet, every Christian struggles to grow. Consequentially, many Christians give up on biblical growth and many others substitute truth for feelings.**

In almost all cases, spiritual growth does not get the priority that the Lord would like it to have in your life.

I have had the same struggle throughout my life. Over the last few years I have studied the Bible extensively and asked many mentors about their own spiritual struggles and have learned a lot about spiritual growth. So, here are 8 simple things that can help you improve your quiet time.



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## Own the Reason that You Have a Quiet time

Purpose motivates. Without a purpose, you simply will not have a quiet time, so this is an important place to start. It is not just your own purpose you should be concerned about. First, you want to know **what the Lord requires of us** and then you can make His goal the goal of your own spiritual life. This will then allow you to **take that goal into your quiet time.**



## Set Aside Regular Time so You Can be Uninterrupted

Your life is very busy and your time gets taken up. Therefore, we need to set aside time for the most important things in life first. Nothing is more important than your relationship with the Lord because as our Creator and Lord, He determines the priorities of your life. Therefore, your time with Him should be set aside and protected. The same time every day is helpful and **mornings are generally (though not always) the best time** for a quiet time. Mornings are hard, but it is possible to **make them a little easier**.



## Plan Your Time

This means both planning the time to make it happen and planning how you will use the time. You should establish a morning routine to utilize your morning effectively, but the same principles apply to any part of the day. Set aside the time and guard it. Within the time, select a **Bible reading plan suited to your needs**, and **remember to take time to meditate on the text**. Set aside a few minutes for journaling and time to pray.



## Start with Your Reluctance

Do you not want to have a quiet time but know you need to? That is a great place to start! Ask yourself, why? Sin, or in some cases, merely prideful independence, **will keep you from your quiet time**. Start your quiet time with the simple recognition of this reluctance. If you can identify sin, confess it to the Lord and ask Him to help you change. Then start your quiet time.



## Read Less

Bible-in-a-year plans are wonderful, but they can often become a burden, and your quiet times become more about getting through the reading than benefitting from it. If you have 15 minutes set aside for reading (see the previous tip about planning your time), then **select a plan** that you can easily finish in 10 minutes. This will leave you with plenty of time to **meditate** and **ask questions** about the text that will help you apply it to your life. Remember to **mark up your Bible** as you read.



## Pray More

Yes, yes, sure... next! That was my response for years too. But prayer is how you respond to the Lord, and is particularly important for **thanksgiving** and **confession**. How do you give thanks or confess your sin and change without prayer? Prayer is also an important way to grow our love and service for others. **Starting a prayer list is an important** step, but **it does not have to be hard**. Praying Scripture should help you **enrich your prayer time** if you are really stuck.





## Let Your Journal Guide You

Journaling is **good for your soul** and can be a helpful way to help you structure your time and maintain consistency. **Do not write just anything** though; start by **having some prompts to get you started**. Journaling can help you **get to know yourself** and **help you overcome sin**. You can journal in 5 minutes and get great benefit from it over time.



## Build a Habit

By including **multiple spiritual disciplines** into your quiet time you can give it variety. Mix and match them, but do all of them regularly. Remember that it takes time to build a habit. On average it takes 66 days, but it may take as long as 90 days. If you are getting up early, your body will adjust with time. Spiritual growth is not something that is complete in 30 days. It requires daily discipline over many years. Making it a habit will ensure that spiritual maturity is inevitable.

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