

Quiet Space Guide



“Love the Lord your GOD with all your heart and with all your soul and with all your strength.”
Matthew 22:37

Loving God means that we spend time with Him. Each person’s relationship with Jesus will look a little different, but talking, praying, reading God’s Word in the Bible, memorizing Scriptures and praising Jesus with music are all beautiful ways to get to know Him better.

Some Quiet Space Ideas

- 1). Have a designated area for your Quiet Time. This is ideal but not always possible. It can’t always work for me, but I do my best to have a room with a door that shuts so that I can speak Scriptures aloud or talk aloud to Jesus when I want and not be self-conscious.
- 2). I love having a special coffee cup just for this time. Right now, I’m using a really big one that says, “Jesus knows me.” I find that comforting. He knows how horrendously imperfect I am and still, He loves me.
- 3). It’s nice to have a candle or an oil diffuser.
- 4). It’s very helpful to have a journal and maybe a variety of pens to help organize your thoughts on paper.
- 5). Having a clock helps me not to look at my phone.
- 6). Be flexible – maybe your quiet space is in your car on the way to work. Or a small closet like the prayer warrior in the inspirational movie, “War Room”. The place doesn’t matter as much as the practice.