

DAY 1

Write out a list of blessings in your life on your phone, and thank the Lord for them.

DAY 2

Take a walk somewhere in nature, and thank God for how He created it all.

DAY 3

Turn on your favorite worship playlist in the car during your commute.

DAY 4

Read a psalm and turn it into a prayer.

DAY 5

Go for a walk with another believer, and listen to how God is moving in their life.

DAY 6

Pray for five minutes before your next meeting or appointment.

DAY 7

Turn on a new worship song while folding laundry or doing another chore.

DAY 8

Read a devotion from *Encouragement for Today* in the carpool line.

DAY 9

Ask God for guidance on the next decision you have to make.

DAY 10

Write a Bible verse on a notecard, and put it on your mirror or dashboard.

DAY 11

Text a friend and ask how you can pray for them.

DAY 12

Read a chapter in Proverbs.

DAY 13

Practice a few minutes of silence with God when you just sit and listen.

DAY 14

Write one page in a journal – expressing all your thoughts to the Lord.

DAY 15

Try to memorize one Bible verse.

DAY 16

Tell God what you are grateful for.

DAY 17

Turn on worship music during your next workout.

DAY 18

Ask a friend to pray for you for something you've been struggling with.

DAY 19

Send a friend a note about what God is teaching you.

DAY 20

Pray out loud even if it makes you a little uncomfortable.

DAY 21

Take a few deep breaths and ask God to lead you.

DAY 22

Encourage a family member with Truth from God's Word.

DAY 23

Download a Bible-reading app like First 5.

DAY 24

Pray for someone you don't know.

DAY 25

Read a Christian nonfiction book.

DAY 26

Ask the Lord what He thinks about you.

DAY 27

Try fasting for a meal and use that time to pray.

DAY 28

Talk to God when you feel tempted to scroll on your phone.

DAY 29

Listen to a sermon or podcast.

DAY 30

Take a social media break to spend time with God.

MY QUIET TIME ISN'T CUTTING IT:
30 Refreshing Ways To Spend Time With God