

RECLAIMING QUIET TIME

*solutions to the most common struggles
surrounding time with God*



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**Bible reading
isn't just for
small groups and
Sundays—it's for
every day in
between. If you're
wondering where
to start, we can
help!**



INTRODUCTION

The Bible can be overwhelming. It is large, it can be dense, and many of us are not taught how to engage with it confidently. A recent national survey by the Barna Group found that while 56% of Americans believe the Bible to be “the actual or inspired word of God,” only 37% read it at least once a week. We make excuses, even though interacting with God is foundational for our faith.

Imagine if you rolled out of bed in the morning, hopeful and excited to spend some time with the person who loves you more than anyone else. That is God.

Just like how Jesus met with His Heavenly Father in the Garden of Gethsemane, we want to be women who go to the Garden to meet with our Father. We want to meet with Him daily, go deeper, and grow in intimacy with Him. Join us in meeting Him every single day and watch your relationship deepen.

ONLY 37% OF CHRISTIANS SPEND TIME IN THE WORD WEEKLY

THE BARRIERS

You are not alone! These are common struggles Christians express when it comes to a quiet time.

I don't have enough time.

Life gets busy quickly. When you roll out of bed at 7:45 for your 8:00 A.M. class, it can seem impossible to fit any time with God into your schedule. Then, you get done with class and are exhausted, so you're asleep as soon as you crack open your Bible.

I don't know where to start.

We get it... 66 books is a lot. And it can feel like even more when you can't understand or pronounce half the words and names.

I don't understand what I'm reading.

Maybe someone has recommended you read the Bible in a year. You feel confident in Genesis 1, but by the time you've reached Leviticus, it's like you're reading another language. Nothing seems to make sense, so you give up.



"Our relationship with the Lord is personal to us, but there is so much power in community and not doing life alone." Megan Lavaux, Director of Colorado Christian University's Women's Ministry



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SOLUTIONS

Three solutions to enrich your time with the Lord

God is the center of everything you do. You have to make time for Him.

- We say this in love. Really we do. But girl, there is no excuse. He is the creator of the universe. Make the time.
 - Sit down with your schedule and look for pockets of time. Put it in your calendar!
 - Research habit stacking to integrate quiet time into your schedule.

If you need some guidance on where to start, go to the Garden or another Bible plan.

- The Garden is a quiet time study guide CCU Women's Ministry puts together for you to have and use to help you in your quiet time. There will be 4 sections of scripture and response questions, guided prayers, worship music and sermons to listen to!
 - Access it @ccuwomensministry on Instagram.
- Another easy place to start is with a monthly plan. There are 31 days in a month and 31 chapters in Proverbs. Read a chapter a day!

If you feel like you do not understand the Bible, use an online commentary, like the Blue Letter Bible.

- If you find yourself reading and are frustrated because you struggle to understand what the Bible is saying or what the point of a passage is, turn to a Bible commentary. Blue Letter Bible is a great resource that goes through Bible passages verse by verse to help you understand exactly what you're reading.
- There are also resources like the reading plans from SheReadsTruth that walk you through books of the Bible!

RESOURCES

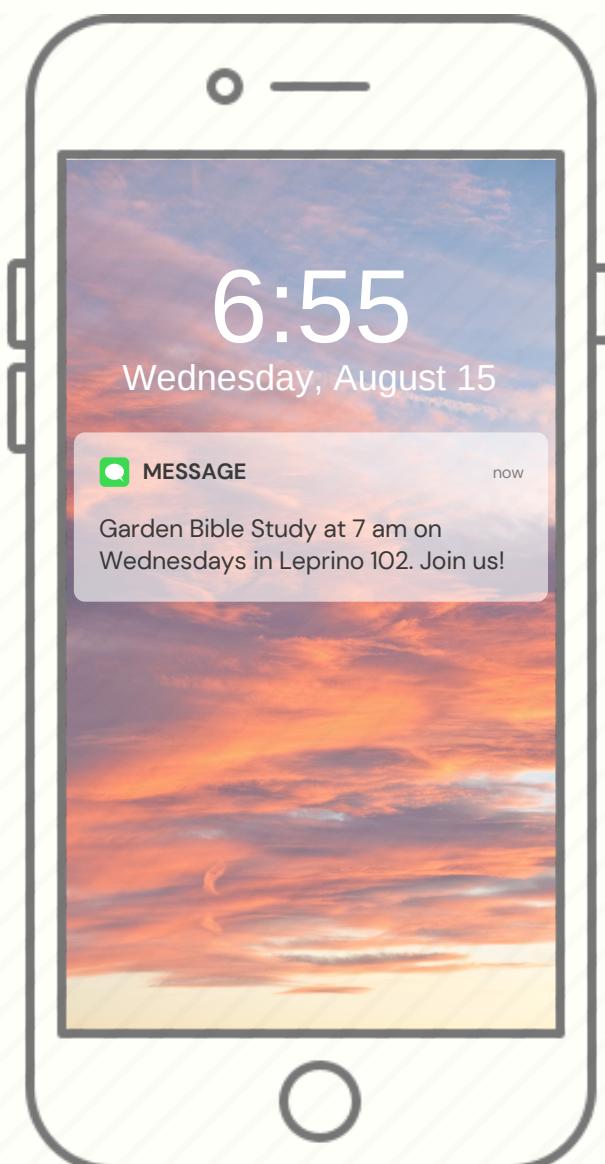




CONCLUSION AND CALL TO ACTION

All of us have struggled with our quiet time with the Lord at some point in our lives, and God will often meet you where you're at. But He is calling you deeper, so pursue Him! Be willing to step out and know Him intimately. Spend time in your Bible, pray intentionally, find strong, Christ-centered community.

Psalm 139 immediately comes to mind: "Search me, God, and know my heart. Test me and know my concerns. See if there is any offensive way in me, and lead me in the everlasting light." God already knows you. He loves you. But don't you want the kind of relationship where you can pursue holiness and glorify Him through that? Take these tips and encouragements to heart and start walking in the Garden with Him.



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