

QUIET TIME Challenge Checklist

DON'T FORGET TO:



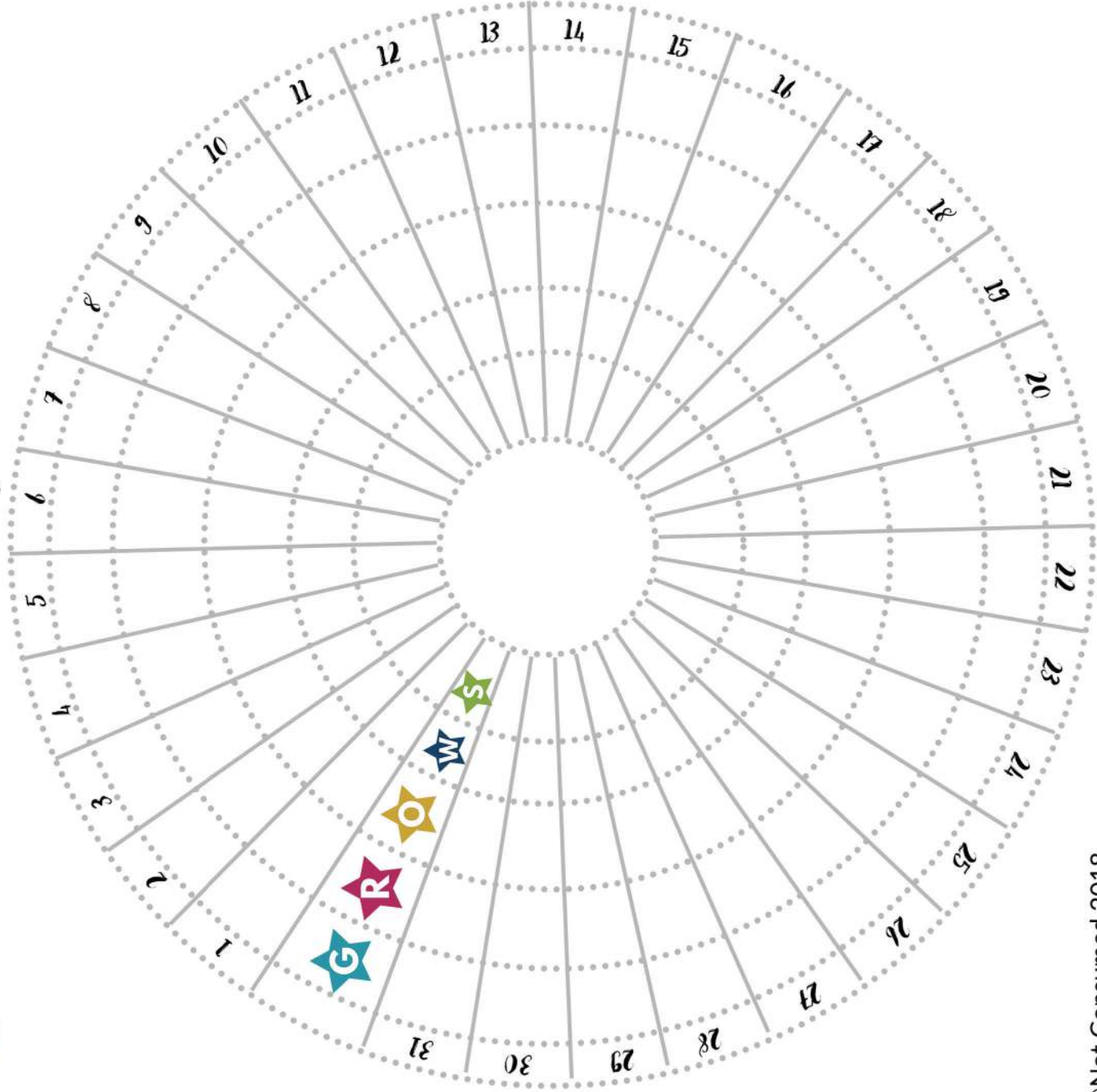
PLAN YOUR ROUTINE



GET IN BED ON TIME



SET YOUR ALARM EARLY ENOUGH



G - Good Morning, God

Begin each day by saying good morning to God. This can be a simple phrase or prayer. The goal is to acknowledge Him first!



R - Read and Respond

Read and respond to God's Word. This could be a passage or even a single verse. Just be sure you read something directly from God's Word everyday and respond by writing your thoughts.



O - Open Heart Prayer

Prayer is the most wonderful privilege we have. We can talk directly to God telling him our fears, hopes, dreams and so much more. You can pray out loud or by writing in a journal.



W - Worship

God desires our worship. The Bible says even the rocks will cry out if we don't praise Him. Take time each day to lift your voice in adoration. This can be singing and/or words of praise.



S - Scripture Memory

Memorizing Scripture is one of the most important tools for when life gets rough. Work on memorizing verses to help you with the things you struggle the most with.