

QUIET TIMES: WHAT WE NEED TO LEARN + UNLEARN

Joni Stepp

All quotes are from Joni Stepp unless otherwise noted.

Quiet time: the time you set apart in your day to spend time with the Lord.

Jesus went away and spent time with His father.

Scripture is God-breathed, it's for our growth.

The enemy comes against us to not have a quiet time because that strips us of the life source we have in Christ.

The only way we know the Truth is if we are reading God's Word and knowing the voice of the Father.

#1: Are you busy or are you distracted?

There are times when we're in a busy season, but there are also times when we're distracted with social media, priorities, etc.

#2: Are you truly busy because of your season or because you won't say no (overloaded yourself)?

Sometimes we pour out for other people but we don't pour into ourselves because we're exhausted.

Let go of the perfect or "instagrammable" quiet time.

Seek the Lord in every little crack in your day.

Walk with Him in little chunks of time all throughout the day.

Look at your day and see where it fits.

Book of Psalms on your kitchen counter - read a Psalm every day.

Write scripture that you're memorizing over the sink, memorize while you're washing dishes.

Make sure that you're making a point to have Bibles, verses, etc. all around you.

Have things all around you so you can dive into God's Word where the moment hits you.

Find time wherever you can.

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Pick a book of the Bible, read through it over and over.

The Lord understands when you're exhausted. He sees your effort.

Talk to the Lord throughout your day.

Sometimes you have to break out of the "one hour quiet times".

Think ahead and pray for wisdom, strength and a desire to be in God's Word.

Fall back on the "Muscle memory" of the Word (Jen Wilkin)

Every way that you can work in acknowledging God, praising God, praying to God.

How much more are you connected to God because you're trying to put it all throughout your day.

Walk with Him day in and day out.

Connect with Joni on Instagram: [@joni.stepp](https://www.instagram.com/joni.stepp)