



# A 5-Minute Quiet Time Template

*For the mornings when you're short on time but still want to meet with God.*

## 1. READ (1 MINUTE)

Today's Scripture: \_\_\_\_\_

*(Need help? Try a Psalm, Proverb, or Gospel verse.)*

## 2. REFLECT (1 MINUTE)

What stands out to me from this verse? \_\_\_\_\_

## 3. RESPOND IN PRAYER (1 MINUTE)

God, thank You for... \_\_\_\_\_

God, I need help with... \_\_\_\_\_

## 4. WRITE ONE THOUGHT TO CARRY INTO THE DAY (1 MINUTE)

Today I want to remember: \_\_\_\_\_

*This could be a word, phrase, or truth to hold onto.*

## 5. ONE SMALL STEP OF FAITH (1 MINUTE)

How will I respond to God today with my time, words, body, or choices?

Today I will:

- ☐ Encourage someone
- ☐ Forgive someone (including myself)
- ☐ Rest instead of strive
- ☐ Let go of \_\_\_\_\_
- ☐ Other \_\_\_\_\_

This five-minute quiet time is just one way to love your morning well.  
For more grace-filled rhythms, check out the book *How to Love Your Morning*.

