



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*.

