



# 60 Quiet Time Ideas

Inspiration from the Coffee and Bible Time Community

## ■ Quiet Time Spaces

- Outdoors: patio, balcony, garden, or on a walk
- Sunroom or bright corner with natural light
- Bedroom (in bed, by the window, or in a cozy chair)
- Desk or study table with Bible and journal ready (Psalms Devotional beside you)
- Living room couch or recliner
- Prayer room or special corner
- Car or train commute (listening/reading/praying with free Bible studies in PDF form)
- Coffee shop for a "Jesus date"

## ■ Consistency & Habits

- First thing in the morning / before bed
- Wake up earlier for unrushed time
- Treat it as an appointment in your planner (Weekly Undated Planner)
- Pair it with coffee or breakfast (habit stacking)
- Lay out Bible/journal the night before
- Use alarms, reminders, or apps
- Track progress with a habit tracker (Prayer Journal)
- Share verses or reflections with friends
- Weekly accountability check-ins
- Make it non-negotiable: no coffee/breakfast until quiet time

## ■ Helpful Tools

- Bible apps (YouVersion, Logos, Bible Project, Bible Recap)
- Prayer apps (Hozana, Rosario, Daily Office)
- Study tools (commentaries, dictionaries, concordances)
- Highlighters, pens, sticky notes, Scripture cards
- Guided Bible studies (Coffee and Bible Time Free Studies)
- The EASY Bible Study Method for step-by-step Bible study
- Monthly Prayer Calendars to keep your focus

## ■ Heart Posture

- Start and end the day with prayer
- Use nature to connect with God (sunrise, walks, creation)
- Light a candle or use meaningful scents (frankincense, myrrh)
- Begin with gratitude before requests
- Give yourself grace if you miss a day
- Focus on relationship, not perfection

## ■ Bible Reading & Study

- Read one book of the Bible at a time
- Follow a chronological or yearly plan
- Try topical studies (Proverbs, Psalms, Gospels, etc.)
- Use devotionals (like our Psalms Devotional from Coffee and Bible Time)
- Write out Scripture by hand
- Do verse mapping or word studies
- Read in multiple translations or languages
- Pair Bible with a Christian book for reflection (Uprooting Lies, Planting Truth)
- Use The EASY Bible Study Method for a simple, repeatable approach

## ■ Prayer Practices

- Journal prayers
- Pray the Psalms or Scripture aloud (Coffee and Bible Time Psalms Devotional)
- Use prayer walls, cards, or notebooks for family/friends
- Organize prayer with a Prayer Binder
- Breath prayers (short, one sentence prayers)
- Silent or contemplative prayer (focus on one word, sit still)
- Pray through monthly Prayer Calendars (free downloads available!)

## ■ Worship & Creativity

- Play worship music or instrumental background
- Sing or play an instrument as prayer
- Write poems, Psalms, or songs to the Lord
- Use art journaling, stickers, or washi tape
- Color while meditating on Scripture
- Try reflective journaling in Uprooting Lies, Planting Truth Journal

## ■ Journaling & Reflection

- Gratitude lists before requests
- Write key verses that stand out
- Record blessings and answered prayers
- Keep a spiritual timeline of God's faithfulness
- Journal before bed to wind down in peace
- Track days of the year with reflections
- Use guided journals



## **Links to resources mentioned:**

[Uprooting Lies, Planting Truth Journal](#)

[Prayer Journal](#)

[Prayer Binder](#)

[Psalms Devotional](#)

[Free Bible Studies](#)

[Free 3 hour Quiet Time Routine](#)

[Prayer Calendars](#)