

QUIET TIME - “PREP”

Suggestions for a Short Version

It's a good idea to begin every day with a quiet time spent with the Lord. Just like warming up for a sports activity, we need to warm up each day for life. This may be a new concept or you have heard of people who spend 30 - 60 minutes daily doing this and it scares you away. You think, "I could never do that."

A helpful way to have a shortened quiet time and one that can fit into anyone's schedule is the "PREP" method. PREP stands for preparation and it only requires five minutes a day. With just this short amount of time you can have an effective PREP time.

P - Pray (1 minute)

Ask the Lord to settle you down and prepare your heart. Pray that He will help you understand and apply His word.

R - Read (1 minute)

Read a short passage, as much as you can in one minute (no longer). Possibly, follow each day through consecutive selections in the bible. For example you may want to work your way through a book of the bible, reading 1 minute each day.

E - Evaluate (2 minutes)

Ask questions in your mind such as: What does this passage mean? Who is talking? What does this passage say about God, man or the relationship between the two. How does this work in my life? Is there a command to follow? Is there something to appreciate?

P - Pray (1 minute)

Pray again asking the Lord to help you apply what you just learned and to help you with the day. You may want to thank Him or praise Him for something you read in the passage or for what He is doing in your life.

Five minutes a day equals 35 minutes a week which equals 30 hours in a year. Can you spare five minutes each day? That's a great way to get started on an effective daily devotional time with the Lord. Start right now after you put this paper down and try it. They do it tomorrow morning and each morning after. The blessings will be yours. You just may find that after a while, 5 minutes just won't do.

If you find yourself desiring to increase this time, we suggest that you use paper and pen to record your observations and insights. Also, you may want to get further training in having a more extended devotional time.