

DIVINE TIME FREEDOM

**A Simple Faith-Based System to
Restore Order, Peace and Joy**



How to Make Time for God

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“I used to enjoy reading scripture, but I just don’t have time anymore....”

“I pray for a couple of minutes before bed...if I don’t fall asleep.”

“I feel like my mind is constantly spinning. I don’t know where I’m going or what to focus on next.”

“Sometimes I just snap at people. I don’t want to act like that, but I’m not sure how to change...”

Do any of these phrases resonate with you?

If so, read on.

As a [time management coach](#), I’m an expert at helping people who are stressed, overwhelmed and frustrated to feel peace-full and accomplished.

Coaching individuals on how to find time for self-care, including prayer and scripture, is an essential part of this process.

Here are some of my top tips on how to make this life-giving and peace-filling activity a repeat event on your schedule:

Recognize Its Importance

Prayer plays as important a role in your overall health and well being as sleeping, eating and exercising. The scientifically proven benefits include reduced blood pressure and increased attention.

I’ve also seen that a consistent prayer life gives you the necessary mental perspective and emotional stability you need to have peace. By pausing for even a few moments to breathe deeply, you can shift from behaving out of instinctual stress reactions to acting out of a place peace surpasses all understanding.

For instance, next time you receive an e-mail that triggers a panic response try this method:

- Stand up and walk away from the device that delivered the e-mail to you.
- Take a couple of breaths from your stomach, and if possible, do a few light stretches.
- Ask yourself: Is this really important? Really urgent? Really essential?
- Do I need to respond to this now, or can I schedule a time later today or tomorrow to respond?

Based on your answers to those questions, choose the next actions that are within your control. Then refocus on your top priority of the moment.

Choose Your Favorite Approach

Two keys to successfully integrating new habits into your routine are making them pleasurable and practical. For prayer and reading scripture, this means you should choose a form that you really enjoy. This could include:

- Joining a Bible Study group
- Prayer services
- A walk, run, surf or other physical activity while you pray
- Reading prayer books or Bible study tools
- Participating in active Christian community
- Anything else where you are able to relax your mind and focus on God

Also, consider what you can (and will) actually do. You may prefer to go to meet with a group every morning. But if you won't actually go seven days a week, it's best to commit to consistently going to a group activity once a week and then find an activity you can do at work or at home the other six days a week.

Plan in Prayer and Scripture Reading First

Serene silence is like a beautiful lover—she knows her value and will only be enjoyed when she is wholeheartedly pursued. You need to seek peace and part of that involves consciously choosing to make it a priority each day. This could include:

- Going right from your bed to a quiet spot where you can read and pray in the morning.
- Setting aside your lunch hour to walk or listen to calming music or spend some time in the Bible.
- Choosing a devotion through [YouVersion](#) or listening to [Abide](#) scripture meditations
- Using your commute at the end of the day to think through or to write out in a journal what happened over the last 24 hours—and particularly to let go of any trapped negative emotions.
- Putting an alarm on your phone that reminds you to shut off electronics and wind down for bed so that you can ease into sleep and have time to pray and read scripture before your doze off.

A Few Bonus Tips

Start small: It's better to pray for five minutes a day, every day, than to tell yourself you must spend two hours in prayer and then to do nothing.

Notice warning signs: When you feel tension mounting in your mind, body, or spirit, pause for a moment and give yourself space. By not taking a moment to clear your mind and get perspective, you risk slowing down your progress or making rash decisions that can cost you everything.

May you make time to be still... Amen