

## Suggestions for Practicing Quiet Time

Following are some specific suggestions for finding time and ways to utilize quiet time. As was stated earlier, twenty minutes for this experience is ideal, but we can begin with three.

We begin by breathing deeply and focusing our attention on each breath. Breathe in through your nose and hold that breath for a count of five. While you are holding that breath, tense the muscles in some part of your body such as neck, shoulders, stomach, hands, feet or arms. Then relax and exhale very slowly through your mouth to the count of five. Focus on each breath and each part of your body that you tense and relax in turn. Do this five times as you begin each quiet time.

You can claim for yourself the first quiet time of the day by getting up a few minutes earlier or even while you are lying in bed awake. It will provide for you a unique beginning. This quiet time may consist of praying John

Baillie's Prayer: (I suggest you memorize the following)

*"O Holy Spirit of God, visit now this soul of mine, and tarry within it until eventide. Inspire all my thoughts.*

*Pervade all my imaginations. Suggest all my decisions. Lodge in my will's most inward citadel and order all my doings. Be with me in my silence and in my speech, in my haste and in my leisure, in company and in solitude, in the freshness of the morning and in the weariness of the evening and give me grace at all times to rejoice in Thy mysterious companionship. "*

As noted above, this aura will fade as you get busy during the morning. Therefore, it is important to reestablish that perception that you are living within God's day. So you need to steal another three minutes for quiet time mid-morning. You will have to establish your own pattern to fit into your daily routine. Perhaps you can utilize the time during a break, between appointments or whenever there is an opportunity. Create your own time, remembering that you are really living in God's day Stake out your claim. Sit at your desk,

walk outside or go to the rest room and lock the door. I believe there is a good reason why it is called a rest room. It can be a place not only to rest our bodies, but our minds and spirits as well.

Wherever you go, sit and do the breathing and pray the prayer above. Take a moment just to be quiet and listen. God has a way of putting fertile thoughts into our minds during such times. We do not try to make our minds blank, but make them receptive to God's thoughts for us.

Lunchtime is a natural break and affords the opportunity for another quiet time. An afternoon break should be sought and used once again for regaining one's orientation and mindfulness.

It is only natural then to end the day with a designated quiet time using the same format, but also adding time to review the day and become mindful, perhaps to your surprise, of the many times God's presence and power have been evident. Now it is time to fall asleep in gratitude for such a special day with God.

End each quiet time with this simple prayer.

Thank you, Holy One, for inviting me into your day, to experience the joy of being with you in all that I do.

It would be helpful to memorize that prayer to use throughout every day.

If you find that you are able to secure these quiet times during your day, you will be blessed far beyond anything you might have imagined. You will also find yourself beginning to address God at other times throughout the day in unscheduled moments. As you begin to recognize that you are truly participating in God's day, you will become increasingly mindful that what is going on in your life is neither happenstance nor of your own doing. God will have become amazingly active in your life.

May your spiritual journey be ever joyful.



