

# AMP UP QUIET TIME

## 3 CREATIVE WAYS TO SPEND TIME WITH GOD THIS SUMMER

By Liz Richards



Need a recharge? Summer break can be a season of rest for you! With extra free time, these months provide opportunities to slow down, be still, and reflect after another busy year.

Isaiah 40:31 encourages us to turn to the Lord to renew our strength: "but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." But sometimes, summer plans can get in the way of quiet time!

While you enjoy the sunny days, warm weather, and exciting trips ahead, these tips will help you stay on track and incorporate God in your daily routine this summer.

### START A PRAYER JOURNAL

Prayer journaling is an easy way to spend regular time with the Lord. Grab a blank notebook of your choice, and you're good to go! Think outside the box, and use markers, stickers, colored pencils, and pens to personalize your pad!

Use this journal as a way to connect with God. Write out your daily prayers and thoughts to the Lord as a way to speak to Him freely, as if you're writing in a diary or talking to a friend. Not much of a writer?

Bullet point your prayer requests to make a list of what you desire to talk to God about that day. Another great way to use your journal is to write down praises to Him. What are you thankful for today? What prayers has God answered recently?

Writing down your prayers is a simple method to start a personal prayer routine--and you can reread how the Lord has been working in your life whenever you need encouragement!

### WALK WITH GOD

Take advantage of the beautiful weather, and go outdoors! Mix up your quiet time by going for a walk with the Lord. Head to a local park or even your backyard. God will meet you wherever you are.

Spending time with God in nature is a wonderful way to enjoy His creation and connect with Him without distractions. You can use this time to talk to Him out loud and pray as well as listen to worship music or Bible verses.

Also, you can find a spot where you can sit and study His Word. Find a space where you're comfortable and safe to spend your devotional time!

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### BRING FRIENDS ALONG

One of the best parts of summer is being able to spend time with friends! Why not invite your community of gal pals to spend time with the Lord with you?

believers to come alongside you in your walk with the Lord is a practical way to have fun, remain encouraged, and be consistent in your faith!

Organize hang outs where you can go deeper in God's Word together. Start a weekly Bible study, and read through a book in the Bible together. Throw a worship night, and sing along to your favorite worship songs. Plan a sleepover where you can watch a new Christian film--or have some competition, and play some Bible-themed trivia. Allowing fellow

Summer break shouldn't mean taking a break from God. Use this time to be creative, and find new ways to enjoy the Lord! James 4:8 mentions that when we draw near to God, He draws near to us. God wants to meet you wherever you are this season and will provide the rest you need.

