

7 Ways to Integrate Scripture into Your Quiet Times

Reading your Bible is not some “checkbox” exercise; it is about spending time with the truth, slowly finding out about and growing in relationship with the One we love. Next time you read the Bible, you may want to keep one or more of the below in mind:

- Pray before you read.
- Find what works for you: time, place, how much you will read each day.
- Try reading a whole book at once, in one sitting (like Mark). Rather than searching for a few meaningful phrases, aim to come away with a general impression.
- Use audio versions of the Bible while driving or exercising.
- Buy or download a year-through-the-Bible reading plan.
- Find online sermons, commentaries, and study books about the text you are reading.
- Grab a pen and don't be afraid to scribble on (but not over) the Scriptures.

[Be Still: A Simple Guide to Quiet Times // Brian Heasley](#)



Taken from *Be Still: A Simple Guide to Quiet Times* by Brian Heasley © 2023. Used by permission of NavPress. All rights reserved. Represented by Tyndale House Publishers, Inc.