

# 4 Quiet Time Pitfalls

AND HOW TO AVOID THEM

*Jane Johnson*





# hello friend,

I'm so excited that you are here and eager to do whatever you can to make your morning quiet time the most successful it can be!

Before we get to the Four Quiet Time Pitfalls (and the strategies to avoid them), let's define what, exactly, a pitfall is. Also called a snag or stumbling block, pitfalls are carefully concealed traps that unsuspecting people fall into the moment they step onto the surface of it.

You and I both know how Satan loves to set a trap (just look at the snake and the apple-trap in Genesis 3). But Satan is also a creature of habit. And his number one goal is to keep you separate from the presence of God. So he uses the same old tactics to impede upon your quiet time habit. But we're going to take one out of Paul's 2 Corinthians 2:11 playbook and say it loud, right here, right now: Satan will not take advantage of us. I am well aware of his pitfall-devices and quiet-time-stealing intentions and, in just a few moments, you will be too.

If we know his schemes, we can avoid his traps. And since Satan is the father of all lies, we need to first look at the lies we allow ourselves to believe that sabotage our morning quiet time. And then? Be strategic in carefully avoiding those traps. I cannot stress enough how important it is when thinking about a quiet time to have your mind right. Sure, you can gather all the tools, the study-strategies, the best in-depth Bible study, the right book. But if you don't have a morning strategy firmly in place, none of those things will help your quiet time stay afloat.

Cheering you on,

## Pitfall 1. You don't have time.

Sometimes, when we're just starting, we feel like we need to have the best, the longest, the most in-depth quiet times, with an hour or more spent digging and reading and praying with all the fireworks going off. That kind of time investment seems impossible with that project that needs finishing, and the little ones who always need something, those emails that need answering, the house that needs cleaning. But I'm here to tell you: that full hour quiet time requirement? That's not always the case. Yes, you could get to the point where your mornings spent with Jesus stretch out long, but it's not a requirement to get started. Here are a couple of strategies to avoid the "I don't have time" trap:

**Strategy #1:** Push your morning alarm back by 15 minutes to ease a quiet time into your busy schedule. You can find my guide for [How to Start a Quiet Time with Just 15 Minutes a Day right here](#).

**Strategy #2:** Take a peek at the screen time on your phone. Challenge yourself to shave 30 minutes off of your scrolling to apply to your morning.

## Pitfall 2. You don't know what to read.

You might be surprised to hear that, a lot of mornings, I'm not sure where to read either. Sure, I had an entire routine nailed down for years. But then I came to the end of my regular reading plan, life changed dramatically with the addition of three miracle babes, and I set my own trap by not having a morning back-up plan lined up. You might be reading this and thinking, "that's great, Jane, but I don't even know where to *start* reading." Don't worry, I've got you covered with a couple of strategies to get you going in the right direction:

**Strategy #1:** Pick a Bible reading plan. Blue Letter Bible offers a [one-year chronological reading plan](#), but the best part is there are no dates attached to it. This helps to ease the anxiety if you miss a day. It also allows room for another Bible study that might take up your morning reading, leaving you ready to pick up right where you left off when it's over.

**Strategy #2:** What is your favorite Bible book? (Or, if you're new to the Bible, what is the book title you've heard the most?) Start reading it now or identify it as your fall-back. I did that with the Psalms, starting with chapter one, verse one. Some mornings, I might only have time to dig into one word of one verse, and that's OK. Because I know I can pick up right where I left off tomorrow.

## Pitfall 3. You're kinda bored with it.

I know you might not ever say this out loud, but sometimes the Bible can feel... a little... boring. Maybe because it's just too familiar. Or you're reading them for the first time, and you wonder, "how do people read this every day?!" There's only so much you can shave off the surface of a story - only so many times you can read the same thing the same way. The good news? The Bible is multi-layered. When I first started getting excited about sitting down to meet with God in the morning, it was because I began consistently peeling back the layers of His Word. And He met me step for step. Soon, I couldn't wait to see what I was going to dig up that day—the dots that I was going to connect, the light-bulb that would go off. Here are a couple of strategies for a little bit of Bible layer-peeling:

**Strategy #1:** Commit to reading a familiar (or unfamiliar-and-confusing) story in a new way. I explain how to do that in my [5-Step Quiet Time Formula \(plus go-to resources\)](#).

**Strategy #2:** if you want to take it to the next level, I've identified [30 Ways to Study One Piece of Scripture](#)! (You can sneak a peek at it [here](#).)

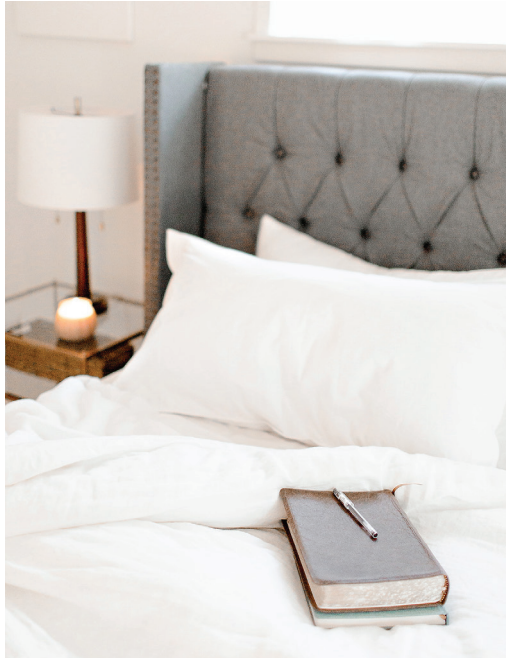
## Pitfall 4. You're too distracted.

I'm the first to admit: I always think the screen time tracker is lying. It's crucial that we get honest with ourselves here, and the numbers don't lie. Devices are the biggest of all quiet time distractions. The other common distractions include: your mind running down the things you need to do today, suddenly remembering that text you need to reply to, and wondering about that mouth-watering recipe you saw the other day. These are all quiet time pitfalls that can be avoided, and here's how:

**Strategy #1:** Before you check your email or peek at social media in the morning, set a timer for ten minutes. When it goes off, so does your screen. **Bonus tip:** Both Facebook and Instagram have daily time reminders (I set both to five minutes per day). Also, turn off push notifications, so you aren't notified for every comment or like. You can find instructions for time reminders [here](#) and [here](#).

**Strategy #2:** Have a notebook handy during your quiet time to jot down quick notes of anything that comes to mind that seems pressing, then get back to your reading. Because you are prioritizing your relationship with God first, and all those other things can get done later.





## In short,

having a plan (and a back-up plan) is the single most powerful and strategic way to maintain a regular, quiet time habit while growing in your knowledge of Scripture and experiencing an ever-deepening relationship with God.

Carving out your time, having a reading-plan established, committing to digging deeper, and nipping those pesky distractions in the bud are all crucial vertebrae of your quiet time backbone. Stick with me, and I'll show you how to move from feeling bored, distracted, and pressed for time in your morning to moving into a quiet time you have a hard time pulling yourself away from.

And that, sweet friend, is something to celebrate.

XO,

*jane*