

# HOW TO DESIGN A DEVOTIONAL TIME THAT WORKS FOR YOU WORKSHEET

“The best way to do it is **YOUR WAY**”

What do I think devotional time will bring into my life that I don't already have?

What do I already do that works for scripture/devotional time?

What do I want more of?

What do I want less of?

How do I want to feel when I am done with devotional time?

What are my biggest obstacles to devotional time?

How can I overcome each obstacle?

Where are my quiet places where I can be alone for devotional time?

\_\_\_\_\_ I will never “find” time for devotionals, I have to **MAKE** time. When is that time for me? \_\_\_\_\_

Look at your weekly schedule, are there days when you have more time for devotionals?  
Estimate how much time you have each day of the week for devotional.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Elements I include in my devotional time, what do you want to include in yours?

<input type="checkbox"/> PRAYER	<input type="checkbox"/> MOVEMENT	<input type="checkbox"/> _____
<input type="checkbox"/> SCRIPTURE READING	<input type="checkbox"/> MEDITATION	<input type="checkbox"/> _____
<input type="checkbox"/> MUSIC	<input type="checkbox"/> MINDSET	<input type="checkbox"/> _____
<input type="checkbox"/> JOURNALING	<input type="checkbox"/> BELIEVING ON PURPOSE	<input type="checkbox"/> _____
<input type="checkbox"/> STUDY	<input type="checkbox"/> PONDERING	<input type="checkbox"/> _____

Each one of these elements are part of wide variety of ways to do things, for instance there are many types of prayer—gratitude, thanksgiving, praying for loved ones.  
Try new things. Learn what works for you.

“The best way to do it is **YOUR WAY**”

Some days you'll have more time for devotional than other days. How would you fill -

_____ 5 minutes _____	_____ 30 minutes _____	_____ An hour or more _____

I try different studies on different days—Monday & Tuesday are “Come follow me” days, Friday is always a “free” day, Thursdays are my Inklings day. How do you want to organize your week?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

What supplies do I need for my devotional time? ie. Scriptures, pens, journal, etc.  
How can I keep them together?

\_\_\_\_\_

**What's next?**

Doing it.

Try it out. Try new things. Practice. See if you like how and where you are growing. Don't give up.  
Change things if you don't like them. Notice how you are changing and what you are becoming.