



Five Tips

TO (FINALLY) MAKE QUIET TIME A
CONSISTENT HABIT THIS YEAR

1

SET REALISTIC EXPECTATIONS

How much time can you devote in your current season of life? Choose a reading plan that fits, while leaving time for prayer and reflection. Our 5 day/week *Rooted and Growing Bible Reading Plan* is a great option for busy moms. Visit www.rootedmoms.com/grow to learn more.

2

FIND A FRIEND

Accountability makes all the difference. Ask a friend to commit to reading along with you, or join one of our online-based Rooted Moms Groups at www.rootedmoms.com/community.

3

CHOOSE THE RIGHT BIBLE FOR YOU

Two things matter here: format and translation. Reading the Bible via an app on your phone can be a convenient option— unless you're prone to distraction. If that's the case, opt for a physical Bible instead. No matter which format you choose, be sure to use a translation that you can understand.

4

FIGHT DISCOURAGEMENT

Start by aiming to read five days per week. Seven is a noble goal, but doesn't often translate well to real life. If you miss a day (or even a week), don't quit! Pick back up where you left off, and don't feel like you need to wear yourself out catching up.

5

LIMIT FRUSTRATIONS & DISTRACTIONS

When it comes to establishing healthy habits, it doesn't take much to get us off-track. Avoid common pitfalls— Read first thing in the morning? Go to bed early, and set your alarm across the room. Prep your coffee the night before, and set your Bible & notebook in your favorite spot. Reading during baby's nap? Set aside the first 20 minutes after he/she goes to sleep to reduce the chances of them waking early. Distracted by your phone? Put it in "do not disturb" mode, and use a physical Bible.