



How to Make Devotional Time

As Christians, God calls us to put him above all things, and taking time for devotions is a good way to grow closer to him. However, we know that in the busyness of everyday life, it can be hard to make devotional time. Between work, school, family life, and unexpected events, it may seem impossible to make time for even one more thing. As a fellow struggler, I am here to offer some suggestions on how to find time for devotions.

Add devotional time into your schedule

This is a great way to incorporate devotional time into your daily life. Making it part of your routine will help you remember to keep up with the readings, but be sure to give yourself enough time to reflect on what you are reading. Use the time you set aside to learn what God is trying to teach you. Some suggested times:

- Immediately after you wake up or before breakfast
- During lunch
- Before or after dinner
- Before bed

Find a devotional that you enjoy

I suggest you start with Today. You can have it sent daily to your email, or opt in to receive a free print version. If you find you are looking for something a little different, do some research online.

Check out [Family Christian Bookstore](#), [Lifeway](#), or search on [Amazon](#). Find a devotional that really engages you so you want to keep coming back for more! All of these suggested sites let you sort by category (Men, Women, Teens, etc.), a helpful way to find just what you are looking for.

Consider a Bible study

If you know you are going to need a little help with devotional time, consider joining a Bible study group. This will keep you accountable for a couple reasons: it is at a scheduled time and there are other people involved. A group of people, big or small, will help encourage you and will make your study more engaging. Setting aside time each week can start a habit and even help you transition to daily devotional time.

It's ok to start small. If daily devotions seem overwhelming to you, start with a weekly devotion and try to work your way up from there. Don't get discouraged, and keep at it!

[See our other resources on making personal devotions a habit](#)

Written by Kaitlin Kamp — <https://today.reframemedia.com/authors/kaitlin-kamp>

<https://today.reframemedia.com/blog/how-to-make-devotional-time>

Printed on March 20, 2019