



A gentle guide for building a consistent rhythm of meeting with God.

# Build a Rhythm, Not a Streak



Spending time with God isn't about earning His love or maintaining a perfect streak. It's about faithfully returning to One who is always ready to meet with you. If you miss a day, simply begin again. His mercies are new every morning.

Missing a day doesn't  
mean you've failed.  
Simply begin again.

My preferred time: \_\_\_\_\_

My quiet place: \_\_\_\_\_

My realistic goal: \_\_\_\_\_

☐ 10 minutes   ☐ 15 minutes   ☐ 20 minutes   ☐ 30+ minutes

What usually distracts me? \_\_\_\_\_

\_\_\_\_\_

How can I prepare for tomorrow?

\_\_\_\_\_





# Monthly Quiet Time Rhythm



Use this calendar as a gentle rhythm, not a record to keep.  
Each day, circle one, several, or all four ways you connected with God.

*This is not a streak tracker—just a space to reflect and grow.*



Read



Pray



Write



Reflect

|                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                               |
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| 1<br>             | 2<br>             | 3<br>             | 4<br>             | 5<br>             | 6<br>             | 7<br>             |
| 8<br>             | 9<br>             | 10<br>            | 11<br>            | 12<br>            | 13<br>            | 14<br>            |
| 15<br>        | 16<br>        | 17<br>        | 18<br>        | 19<br>        | 20<br>        | 21<br>        |
| 22<br>    | 23<br>    | 24<br>    | 25<br>    | 26<br>    | 27<br>    | 28<br>    |
| 29<br>    | 20<br>    | 31<br>    |                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                               |

This month God reminded me...

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