10 Ways to Free 10 Minutes
(Adapted, “Get That Novel Started,” Donna Levin, Writer’s Digest Books)

I mentioned carving out ten minutes every day to soak in the passage. You may be asking: “Where will I ever find time for Bible study? My day is already full.”

We need to make time or we’ll never find time. Here are ten (10) practical ways to help us grab 10 minutes per day. First honestly answer the question: “Is deliberate practice in responding to God’s invitation to fuller life in the Bible a high priority for me?”

Once we’ve set our ten minutes of Bible study time, we will probably discover that we want more time. Then it’s easier to expand it into fifteen minutes, or a half hour, or more based on increased desire and passion. How can we get ten minutes to spend with the God of the Word through the Word of God?

1. Set our alarm and get up ten minutes earlier, spending time before our day begins in the conscious presence of the Community-God (after a quick shower or cup of coffee if that helps wake you up).

2. Stay up ten minutes later at night. Spend the last minutes of the day in the Word of God instead of watching the News or that favorite show (or take time when we first get home).

3. If we work in an office or go to school, trim ten minutes from our lunch hour, from our breaks, or between classes and go to the car or a quiet place for time with the God of the Word.

4. Do you work long hours? Schedule 10-minutes between appointments. Mark the calendar “PGT” (personal God time).

5. Take ten minutes after work (or after the drive home) in the car or at the library or a quiet Coffee House and pull out the Bible to read for 10 minutes.

6. Carry a pocket Bible and spend those down times waiting in lines or for appointments (Dr’s, hair, nails, etc.) reading our Bible (even for a moment). I have a friend who always kept “pink” with him, his pocket NT.

7. If we are at home with children, postpone errands, phone calls and housework for ten minutes when they lay down for a nap or a quiet time (be firm about this afternoon time). Or after they leave for school. Discipline yourself not to first finish that “one more task.”

8. Still can’t get away from the family for alone time with the Trinity? Ask your spouse, or a friend, to take care of the children for ten minutes after dinner and go into your bedroom alone (and then reciprocate for your spouse or friend).

9. Evaluate your daily habits. Postpone one for 10 minutes to make time for God’s Word, habits like reading the newspaper, magazine or book, watching a TV program, surfing the net, making that phone call, going to the gym, texting, or….

10. When the Bible becomes our passion and our source of refreshment, it’s easier to substitute Scripture for these others. So add your creative ways.

Even if we work two jobs, we can find ten minutes. We probably have at least an hour between shifts. Even within our days, we find snippets of one-minute segments where we lift our hearts to God, using God’s Word as a means to praise Him and refresh us (a “One-Minute Sabbath” scattered throughout our day). Learn to go first to God and His love-letter for lasting refreshment, rather than other sources when we hear ourselves muse, “Well, I deserve a little relaxation after a hard day.” Good. Pull out your Bible and relax in God’s invitation into fuller life.