

7 Ways to Spend Time with God

(When Reading Your Bible Feels Hard)

- **Go on a prayer walk.**

Lace up your sneakers, ditch your phone, and go for a walk. While you walk, talk aloud with God about what's on your mind. Pretend you're walking and talking with a friend.

- **Listen to someone else read scripture.**

There's no one right way to get scripture in your heart. If reading your Bible feels out of reach, try a Bible app like YouVersion. Maybe start with a Psalm, and let the words wash over your heart.

- **Try guided meditation.**

There are apps (try SoulTime!) and other resources that will help you pray and focus your mind on God. They are wonderful for when you feel distracted or estranged from God.

- **Practice holy yoga.**

Find free holy yoga sessions on YouTube (Carolina Williams Yoga is great) and ground yourself in body and spirit in God's words and love.

- **Drink a coffee with God.**

Brew a coffee (or whatever!) and choose a comfy place to sit with God. Listen. Watch the birds. No agenda or special words needed. Just ask him if you can sit in his presence for a while and notice what changes you feel in your heart.

- **Write a prayer.**

Start writing to God about what's on your mind. It's got the benefits of journaling, with the added bonus of communing with the Author of the universe.

- **Talk with a friend.**

God uses our friends to reach us. Talk with a friend who sits in God's presence. Feel his love, wisdom, and Holy Spirit move in your conversation.