T · TIME WITH GOD

Unhurried

A fifteen-minute template for Time with God

The God who spoke galaxies into being isn't impressed by your streak. But He does want to spend time with you. That's the part most of us skip past. We treat this like a discipline to maintain instead of a relationship to enjoy, and then we wonder why it feels dry.

Research on more than 400,000 people found that engaging Scripture at least four days a week was the strongest predictor of spiritual growth. Not perfection. Four days. Here's a fifteen-minute shape for those days, and a week of readings from the words of Jesus to start with.

The shape: breathe in, be still, breathe out.

Five minutes reading. Take in who God is and how the world actually works, and ask the question most of us skip: what needs to change? Then five minutes of stillness. No earbuds, no podcast. Just "Lord, what would You have me hear today?" Sometimes nothing comes. Sometimes the quiet delivers what the noise never could. Then five minutes of prayer. Talk to Him honestly. He already knows what you're thinking. Pray the passage back to Him if you don't know where to start.

Seven days in the words of Jesus.

	Reading	What stood out (one sentence)
Day 1	Mark 1:35–39	
Day 2	Matthew 11:28–30	
Day 3	John 15:1–11	
Day 4	Matthew 6:25–34	
Day 5	Luke 10:38–42	
Day 6	John 10:7–18	
Day 7	Matthew 5:1–16	

Before you close the page.

Where in the week did you actually feel unhurried? What kept trying to hurry you? Circle the day that went best and write one line about why.

"Remain in me." Not perform for me, impress me, or work for me. The branch doesn't manufacture the fruit. Our job is the staying.