|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Plan your Quiet Time. It will help keep you consistent.  *(See examples below.)* | | | | | |
| Morning Quiet Time | | | | | |
| Time of Day | **Length** | **Opening** | **Prayers** | **Meditation** | **Closing** |
|  |  |  |  |  |  |
| Midday Quiet Time  *(Set a timer to remind yourself.)* | | | | | |
| Time of Day | **Length** | **Opening** | **Prayers** | **Meditation** | **Closing** |
|  |  |  |  |  |  |
| Evening Quiet Time | | | | | |
| Time of Day | **Length** | **Opening** | **Prayers** | **Meditation** | **Closing** |
|  |  |  |  |  |  |
| Example for Morning Quiet Time | | | | | |
| 7 AM | 15-20 mins | Serenity Prayer | First Step Prayer | Two Way Prayer and writing | Third Step Prayer |
| Example for Midday Quiet Time | | | | | |
| Noon | 10-12 mins | Serenity Prayer | Sick Man’s Prayer | 5-10 min Silent Meditation | Set Aside Prayer (2nd Step) |
| Example for Evening Quiet Time | | | | | |
| 7 PM | 15-20 mins | Serenity Prayer | Seventh Step Prayer | 5-20 min Silent Meditation | St. Francis Prayer |