



RECALIBRATE

Your

Quiet Time

The 3-5-5-5 Challenge

Choose 3 per day. Do 5 minutes of each.

Read a devotional

Read a Proverb

Memorize scripture

Pray for your family

Pray for revelation

Pray for our country

Listen to worship music

Gratitude list or journal

Read God's Word

Read a Psalm

Be quiet before Him

Pray for yourself

Pray for healing

Pray for the lost

Sing God's praise

Speak His promises