How to have a 10 minute quiet time (using P.R.A.Y.)

**Pause** – sit quietly for a minute, stilling your soul.

**Rejoice** – read a short Psalm or listen to a worship song.

**Ask** – Tell God what’s on your heart. Pray through your day. If you have a prayer list quietly name each person or circumstance before God.

**Yield** – Read a few verses from the New Testament, until a phrase pops out at you and then talk to God about it. Are there any sins you need to confess? Ask the Holy Spirit to fill you afresh.

**Amen** - Pray the Lord’s Prayer

Source: [https://prayercourse.org/toolshed/](https://prayercourse.org/toolshed/)