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 [thegoodbook.com](https://www.thegoodbook.com)

 [amazon.com](https://www.amazon.com)

“Many Christians want to read the Bible more than they do, but a lot of them are unsure of where to begin. Rachel Jones provides a realistic and helpful guide for any follower of Jesus to start a quiet time.”

J.D. Greear

“Rachel Jones, in her eminently sensible approach and with a quietly-optimistic-but-not-in-an-overpowering-way spirit, guides us through a simple and do-able programme of Bible study and prayer.”

Sinclair B Ferguson

The Quiet Time Kickstart

Six Weeks to a Healthy Bible Habit

Kickstart your quiet time and discover the joy of spending time with God in his word.

Beginning with short, simple 5-minute devotions that are easy to make time for, this little guide will kickstart a daily Bible-reading routine. It's ideal for anyone new to reading the Bible or anyone struggling to spend regular time in God's word.

The devotions gradually increase in length over the course of six weeks and offer focused guidance on understanding the Bible. So by the time you finish, you'll have the skills and confidence you need to read and enjoy Scripture for yourself—and make your quiet time a habit for life.

If you're a church leader, this is a great resource to put into the hands of anyone who says they find it difficult to read the Bible, as well as for giving out at membership classes, baptism classes, or to teenagers attending summer camps.

About the Author

Rachel Jones is the author of *A Brief Theology of Periods (Yes, Really), Is This It?* and several books in the award-winning *Five Things to Pray* series, and serves as Vice President (Editorial) at The Good Book Company. She helps teach kids at her church, King's Church Chessington, in Surrey, UK.



Suggested Interview Questions

1. Why do Christians so often find Bible reading intimidating?
2. How is building a consistent habit of Bible reading similar to a couch to 5k program for running?
3. What are some simple steps Christians can take to get in to the word?
4. Why is it important to pray before we even start reading a Bible passage?
5. What are three basic questions to ask ourselves every time we read the Bible?
6. Can you explain the importance of “linking words” in a Bible passage?
7. What can readers do if they’re struggling to focus or to get into a particular Bible passage?
8. How do we shape our prayers around the Bible?
9. What do we do on the days we close our Bibles feeling more confused than when we started?
10. What does God promise to provide us when we read his word?