

## Individual Faith Time Tips

Having a hard time sticking to devotions or Bible study? Try appealing to all the senses! Studies have shown that we tend to repeat and enjoy activities if they use most of our senses.

Pick and choose which of these ideas will fit you best.



### Smell:

- Use candles or oil diffusers to set the mood (such as mint to wake you up in the morning or lavender to chill at night).
- Have devotional time after supper while the comforting scent of dinner still lingers (not recommended after dinner sets off the smoke detector).
- Avoid places where there is a negative scent connotation (near the diaper pail, bathroom, or garbage).
- Eat popcorn! The scent (and taste!) of popcorn reminds us of the movies, an enjoyable time.

### Sight:

- Avoid stressful sights during devotion time (like piles of dirty dishes or laundry).
- Avoid temptation (such as having the TV on in another room).
- Consider calming light sources (like candles, muted lamps, etc.) not bright, harsh light bulbs).

### Hearing:

- Play some music as a signal that it's time to read the Bible.
- Sing with a praise video.
- If it's evening, and bedtime follows, consider quiet instrumental music before and after.
- Check your devices. Alarms, notifications, and phone calls are distracting.

### Touch:

- Fold your hands during prayer.
- Hold on to something that brings you comfort or just a comforting feeling.
- Wear something comfortable.
- Snuggle up in a soft quilt or blanket.

### Taste:

- Popcorn was already mentioned. Is there a signature food or drink you can link to your personal faith time? (Hot chocolate, tea, cookies, wine, etc.)
- If a food is mentioned in that day's Bible reading, think about buying it to eat later. It keeps your Bible reading in your mind all day.

Can you think of more ways to incorporate the senses into your faith time?

Please email me and let me know: [email@stepheniehovland.com](mailto:email@stepheniehovland.com)

Blessings on your personal faith time!

Stephenie Hovland

Revised 7/20