



WHAT TIME IS YOUR 4 A.M.?

Week 2 • The 4 A.M. Question

There's always room for more.

1. PICK YOUR SPACE



Morning



Midday



Evening



Late Night



On the Go



Other

2. MY 4 A.M. SPACE



Time: _____

Place: _____

How long: _____

3. WHAT I'M MAKING ROOM FOR

☐ Scripture☐ Prayer☐ Quiet☐ Worship☐ Listening☐ Journaling☐ Gratitude☐ Other _____

4. MY 4 A.M. MOVE THIS WEEK

One simple plan I can stick with:

5. WHEN I DON'T HAVE TIME...

What keeps crowding the space?

SCRIPTURE

MARK 1:35

*Very early in the morning, while it was still dark,
He got up, went out, and made His way to a deserted place;
and there He was praying.*

"Not more activity. More of Him."