
10 Simple Ways to Connect - with - *God*



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The baby's screaming... the toddler unrolled all the toilet paper again... the dog is barking... and someone rings the doorbell.

Or maybe it's more like... the deadlines are looming... the to-do list keeps getting longer... you're headed to another meeting... and the kids have extracurricular activities every day...

No matter what season of life you're in, whether you're staying home with the kids or heading to the office every morning, we're all busy. All the time. The chaos never seems to end, right?

So how do you find peace and joy in the chaos? How do you find a better way to react to the challenges? How do you become more like Jesus when you're barely making it through the day?

I hear you! It can feel *impossible* at times. But I hope you hear me when I say - you can ALWAYS find time to connect with God. Spending two hours a day in the Bible just doesn't fit into every season of our lives! But that doesn't mean you have to ignore God altogether.

In this guide, I'm sharing 10 simple ways to connect with God in *any* season of life. Some of them are short and sweet. Some go deeper. Keep this guide handy and refer back to it as your seasons change and the time you commit to spending with the Lord ebbs and flows.

10 Simple Ways to Connect with God

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1. Connect with God and His word through a Bible app

The **YouVersion Bible App** can be a great way to get in a quick 5 minutes with God when you're pressed for time. (I enjoy doing this around lunch time to reconnect with God halfway through the day!) The app has Stories at the top, like Facebook and Instagram, where they share a verse, a quick video breaking down the verse, and a short devotional about it.



2. Talk to God while you're driving all over creation

We are *always* in the car, aren't we? Chauffeuring the kids from place to place, driving to and from work, neverending trips to the grocery store. This is the perfect time to talk to God! Tune out the kiddos and tune into our Heavenly Father. It won't take long for it to feel like you're simply talking with a friend.



3. Put on worship music, anytime, anywhere!

This is one of my favorite ways to connect with God. Music hits me right in the heart and I often feel like I'm literally feeling the Holy Spirit's presence. Play it in the car or put it on in the house while you do chores. (There's nothing I love more than watching my kids sing these songs too!)



4. Pray while washing dishes, showering, or brushing your teeth

Every small moment can be a great opportunity to talk to the Lord. My mind tends to go a million miles an hour when I'm showering or brushing my teeth, full of to-do lists and planning what's next. But when I take that time to talk to God, I feel much more peaceful and grounded when I'm done. And those dishes are an unavoidable part of #MomLife, right? Why not take that time to talk to God too? When we start going to Him in all the little moments, it will become second nature. Before long, you'll be much closer to "praying without ceasing"!



5. Read devotionals to your kids

Sometimes the only way to make this happen is to involve the kids. There are so many fun devotionals out there for kids of all ages. As you read the simple lessons, you'll be surprised at how much you can learn too! Plus, you're reading God's word... so even in its simplest form, it's valuable!



6. Fill your social media with Christian accounts

This is a big one. We spend so much time here, why not fill it with God's word and wisdom? Start being intentional about what shows up on your social media feeds. When you see God's word every time you hop on there, you get even more chances to connect with Him.



7. Thank God for the little things while you do the little things

One of the best ways to set our hearts on God is to praise Him for anything and everything. When you're washing dishes, thank Him for the running water and the food your family ate on those dishes. When you fold laundry, thank Him for the pajamas that keep your kids warm at night or the gym shorts that allow you to keep your body healthy. You get the idea!



8. Get up early and spend 20 minutes getting to know God and His living and active Word

If you are in a season of life where you can wake up before the kids, I *highly* recommend you do that. I started when my kids were 1, 3, and 5 years old. I was exhausted, but God convicted me to make it happen. Over the years, I've fluctuated between spending 20 minutes or up to an hour with the Lord in the morning. Do what works for you! Beginning your day with God sets the tone for the rest of your day. You'll be surprised at how much it impacts your day, (and your reactions!)



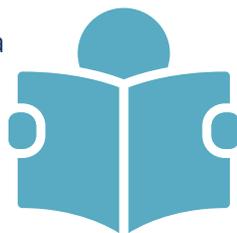
9. If it's not first thing in the morning, pick at least ONE period of time during the day to spend with God

We can't always get up early and read our Bibles. Some of us have kids that *always* wake up when we do, no matter how early the alarm goes off. Some of us have jobs at odd hours. If that's the case for you, pick *any* period of time, just make sure you get some time reading your Bible, learning from God's word, and talking to Him.



10. Read Christian books, especially before bed

Do you love to fall asleep to the latest Netflix show or maybe a good movie? What if you read a Christian book instead, so you fall asleep with your mind on God? I'll fully admit that reading the Bible before bed is challenging. But there are so many great Christian books out there, fiction and nonfiction, that you can read as you fall asleep so your final thoughts of the day are on the Lord.



This is not an exhaustive list of ways to connect with God, by any means. But these ideas have helped me stay close to Him through many different seasons of my life. I started doing this in 2018 and I truly wish I'd had this list of ideas long before that.

I know what it's like to be in chaotic seasons and feel like it's impossible to find time to grow closer to God. So I hope this encourages you that it can be done, no matter how chaotic or exhausting your life is right now. (We all have to shower and brush our teeth, right? So tip #4 will work for anyone!)

If you want to go deeper on how to connect with God in the chaos of marriage and motherhood... and trade all your guilt for God's grace... check out my book *What If I Name Her Grace?*. You can find it at Barnes and Noble or on Amazon.

And if you found this helpful, please send it to your friends. (Even better? **Send them to this link** so they can start getting fun emails from me too!)

I'd love to connect with you on Instagram too! Send me a DM or post your favorite tip in your Stories and tag me - **@chrissiekenaston!**