

Name: _____

Date: _____

Directions: Choose a day of the week and construct an hour-by-hour schedule. Then, keeping in mind the importance of silence, determine three times in the day that you can incorporate silent prayer with Jesus.

Time	Task or Event	Incorporate Silence	How will you incorporate silence?
7 am - 8 am		<input type="checkbox"/>	
8 am - 9 am		<input type="checkbox"/>	
9 am - 10 am		<input type="checkbox"/>	
10 am - 11 am		<input type="checkbox"/>	
11 am - 12 pm		<input type="checkbox"/>	
12 pm - 1 pm		<input type="checkbox"/>	
1 pm - 2 pm		<input type="checkbox"/>	
2 pm - 3 pm		<input type="checkbox"/>	
3 pm - 4 pm		<input type="checkbox"/>	
4 pm - 5 pm		<input type="checkbox"/>	
5 pm - 6 pm		<input type="checkbox"/>	
6 pm - 7 pm		<input type="checkbox"/>	
7 pm - 8 pm		<input type="checkbox"/>	