**TRUTH FOR LIFE WITH ALISTAIR BEGG**

***The Quiet Time Kickstart: Six Weeks to a Healthy Bible Habit***

**Featured Resource for January 1-15, 2026**

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**Book Description**

*The Quiet Time Kickstart: Six Weeks to a Healthy Bible Habit* is an easy-to-follow how-to book that provides a framework for spending time in God’s Word each day. Readers will be introduced to a daily pattern of Scripture reading and prayer, with two-minute devotionals that increase in length over six weeks. Those following the framework will be guided and encouraged to pray, read the selected passage, and then reflect on the text using discussion questions designed to facilitate deeper understanding. This is a simple, step-by-step start to establishing a regular Bible reading routine.

**Talking Points**

* If the holidays have distracted you from your daily Bible reading routine, the book *The Quiet Time Kickstart* will walk you step by step through an easy-to-follow pattern for starting slow and working your way back up to comfortable daily rhythm of learning from Scripture daily.
* If a daily pattern of Bible reading is brand new to you and you’re unsure where to begin, *The Quiet Time Kickstart* will be a great help by providing a simple, daily format that begins with just a few minutes each day, allowing you to increase to the amount of time that works best in your daily routine.
* The goal is to help you form a new habit that will draw you closer to Christ and help you grow in your knowledge of Scripture, day by day in 2026

**Social Media Copy**

New to daily Bible reading or restarting after the holidays? Request The Quiet Time Kickstart from Truth For Life. This easy guide helps you start small—just a few minutes a day—and build a routine that fits your life. Begin forming a daily Bible-reading habit for 2026. Request your copy at truthforlife.org/donate.