

come as you are

Reimagine your quiet time for the season of motherhood.



KellyGarashay.com

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What's Your Quiet Time Story?

Every good story starts with a main character who wants something. They want something that will move them from point A to point B. So where do you find yourself in your longing to be closer to God? Are you happy with how things are or are you ready for a change?

If you're hoping to learn something that will give you that change, you might, but the shocker might be that the story you're telling yourself about your quiet time is the real problem.

Take a look at this example of finding the deeper issue underneath our struggle.

Take a look at the movie Frozen —

Elsa wanted: To be free to live without hiding her powers.

Deeper desire: To be accepted and loved for who she really is.

Tension: Her fear of hurting others kept her isolated, which was the very thing preventing her from finding the acceptance and connection she craved.

Now we're going to start by uncovering what you're saying to yourself about your current version of quiet time.

What's the story you tell yourself about spending time with God?

Some of us tell ourselves:

- * "I should be better at this."
- * "I love it, but I can't seem to stay consistent."
- * "I don't hear God like other people do."
- * "I'll get to it later... when life slows down."

These quiet, sometimes hidden beliefs shape how we approach prayer, Scripture, and stillness. This chapter is about holding that story up to the light—not to judge it, but to finally see it clearly so you can move forward in clarity. Write down your sentence here or in another place. Writing it down makes it more real to you. It can be confronting, but it will be a catalyst for change.

Step 1: Notice the Script

Your “quiet time story” isn’t just what you say out loud. It’s what lies hidden underneath your actions.

Ask yourself:

- * What comes to mind when you think of sitting down to read your Bible or pray?
- * How does that thought feel in your body—light, heavy, resistant, peaceful?
- * What do you expect from God in those moments (even if you never said it out loud)?
- * What do you expect from yourself?

Reflection prompt:

“When I think about spending time with God, my first thought is _____.”

“The feeling I get is _____.”

“Deep down, I believe quiet time is _____.”

Step 2: Spot the Story Behind the Story

Many people don’t struggle with quiet time because they’re lazy—they struggle because of an unspoken narrative:

- * “God is disappointed in me.”
- * “I have to earn His attention.”
- * “I don’t have what it takes to be ‘spiritual.’”
- * “I already know this stuff.”
- * “It’s just another thing on my to-do list.”

 Your job here isn’t to fix the story yet. It’s simply to name it. When something stays hidden, it holds power. When it’s named, it can be changed.

Step 3: Trace It Back

Every belief comes from somewhere. What is this story connected to?

- * Did someone model quiet time for you—or never talk about it at all?
- * Did you grow up thinking God only speaks to “special” people?
- * Did your quiet time once feel alive, but now feels flat?
- * Did you not know it even existed?

Reflection prompt:

“The earliest memory I have of quiet time or prayer is _____.”

“Back then, I thought God was _____.”

“Today, I tend to think He is _____.”

Step 4: Notice How It Shapes Your Actions

The story you believe determines your consistency and posture:

- * If quiet time feels like a test, you’ll avoid it when you feel like you’re failing.
- * If it feels like a warm invitation, you’ll show up even when it’s messy.

Reflection prompt:

“Because I believe quiet time is _____, I usually _____.”

When you uncover the story you’re telling yourself underneath your quiet time habits, you stop fighting shadows. You stop blaming yourself for “not being spiritual enough” and start seeing what’s actually shaping your approach to God. Clarity doesn’t instantly fix everything—but it exposes the real battleground. And once you know what’s driving the resistance or expectation, you can stop striving and start partnering with God to rewrite it.

Naming your story is powerful because it turns a vague struggle into something specific. And what’s specific can be healed, shifted, and redeemed.

Once you see the story you've been telling yourself, the next question is obvious: If it's not that... then what should it be like?

A Better Way to Begin

Before you can rewrite your quiet time story, it helps to take a look at the heart and mind you're bringing to the table. These aren't rules or a checklist—they're the qualities that open you up to God's presence and make your time with Him real, not routine. As you reflect on these traits, ask yourself: Which of these do I carry naturally? Which do I need to invite into my life?

Authentic — Most importantly, don't play pretend. You don't have to clean yourself up to come to God. He meets you in your real emotions, distractions, doubts, and desires. He already knows the reality of your situation, no matter what time you bring to him. Time with Him that starts with honesty is true and full of integrity, as he is. It opens the door to true connection when no one has to pretend. "Come as you are" isn't a slogan. It's the doorway to real connection.

Faith and Boldness — It can be hard to trust and be bold because we've all had bad experiences. But trusting He loves you and believing He's good is essential to trusting Him on days you're struggling. Secondly, you're not knocking on a closed door with a Do Not Disturb sign on it; you're entering the room of the One who loves you. When you trust His love, you stop performing and start belonging. You will realize you can run to Him and he will be the safe place you're looking for. Faith and boldness reminds you you have permission to come close, even on your worst days.

Humility and Reverence — Yes, God is near to us, and He calls us friend, but He's also holy. Awe and reverence remind your heart who you're talking to—not a buddy to vent to, but the King who sits on a throne and is worthy of all glory and praise. Reverence isn't there to create distance, it anchors you in wonder and reminds you He is the Lord.

Listening Posture — God already knows your thoughts, and this isn't a monologue. It's a conversation. Have you ever had one of those conversations where the other person doesn't need you for anything because they came to talk? Sometimes we do that to God. Just because He doesn't speak audibly doesn't mean he doesn't want to communicate with you. Learning to listen to God's voice might be hard, but waiting on His voice trains your heart to hear His whisper. His silence isn't absence. Often, it's invitation to listen closer.

Thankfulness and Worship — Gratitude shifts everything. Philippians 4:6-7 says "Do not be anxious about anything, but in every situation, by prayer and petition, with *thanksgiving*, present your requests to God. And *the peace of God*, which transcends all understanding, *will guard your hearts and your minds in Christ Jesus*". There is now neuroscientific proof that your brain cannot be anxious when it's being truly thankful. When your heart is focused on who He is rather than what you lack, fear and striving lose their grip. Thankfulness turns anxiety into an unshakable confidence and worship is your weapon.

Striving for Obedience and Surrender — Revelation without response is like playing a game called “Think about Following The Leader” instead of the actual game of Follow The Leader. Think about how ridiculous that would be if you caught a group of kids sitting around thinking about following the leader. This is what we do when we love God and His word and then don't live it out in obedience. Surrendering your desires to God's will is where the real spiritual power takes hold. Obedience isn't feeling forced by obligation—it's freedom in action.

Quiet time isn't a ritual to perfect. It's a relationship to deepen. When your posture shifts from performing to meeting with Him, the pressure to “get it right” fades—and what's left is a steady, sacred rhythm with the One who loves you most. This is how you rewrite the story and find or create a true motivation to meet with him, not the hidden story you started with.

Now that you've taken a deeper look at your current story and begun to notice the heart, mindset, and posture you bring to God, you're ready for the next step. Awareness alone doesn't change anything—but it's the non negotiable starting point and it lays the foundation for transformation. With clarity and the right inner posture, you can begin to let go of the old story that's holding you back and open the door to a new story—one that reflects God's truth, His love, and the freedom He invites you into.

Scriptures for more on these traits:

Authenticity: Hebrews 4:16, Psalm 62:8, Matthew 11:28, 1 John 1:9

Faith & Boldness: Ephesians 3:12, Romans 8:38–39, James 4:8, 1 John 4:18

Humility & Reverence: Isaiah 6:3, Proverbs 1:7, Psalm 95:6, James 4:10

Listening Posture: John 10:27, Psalm 46:10, 1 Samuel 3:10, Romans 10:17

Thankfulness & Worship: Philippians 4:6–7, Psalm 100:4, 1 Thessalonians 5:16–18, Hebrews 13:15

Obedience & Surrender: John 14:15, James 1:22, Romans 12:1, Luke 11:28

Your One-of-a-Kind Story With God

No one else can have your relationship with God. Not your friend, your neighbor, or even someone who seems to do-it-all-right and prays and reads the Bible every day without fail. Your connection with Him is entirely unique—shaped by your story, your experiences, your personality, and the presence of His Spirit in your life. This chapter isn't about comparing or copying someone else's routine to fit a perfect formula. It's about discovering how your time with God can be most impactful in your life. Here, you get to step into a rhythm that's personal, alive, and designed by you and the Lord—one that honors the relationship only you two can have together.

Now we add the final steps continuing from Chapter 1.

Step 5: Open the Door to Rewrite

It's time to get practical and dream big at the same time—it's to rewrite your narrative to reflect what's real about you and your time with God. You might start with a prayer, confessing the old story. When you tell him the truth, bringing authenticity, all the cards are on the table and the honesty changes everything. You might pray something as simple as: "God, this is what I really believe. _____ I'm not hiding it anymore. I'm sorry for how this doesn't align with what you want for me and has been holding our relationship back." This is the beginning of spiritual clarity—the truth setting you free from the old story.

Now it's time to rewrite the story.

Step 6: The Rewrite

Start by writing out your *before* "Quiet Time Story" in a short paragraph. Don't try to make it look good. Be as honest as you can. Now's not the time to apologize or rewrite it. Then, write a second paragraph titled "What I Want My Story to Be." This is your *after*. Dream as big as you can. Remember that, "There is now no condemnation for those who are in Christ Jesus," as it says in Romans 8:1. There are no wrong answers here when it comes to being creative and hopeful. Even if you have to give a list of descriptive words, or a drawing of what you want it to feel like, anything you do here is better than nothing. When you put it on paper, it shows you it's real. You won't be a failure if it doesn't come true right away. This is the hope and desire of your heart. How wonderful is that?! God is excited about it. Even if you can only muster a whisper of hope, put something down on paper.

How To Make It Stick (A Coach's Best Tips)

1. Anchor It With a Cue

Pick a consistent trigger—a time of day, a place, or an action (like brewing coffee or putting away breakfast dishes). The brain responds to cues; linking your quiet time to a regular signal is considered habit stacking. It makes it easier to become automatic over time. (Consider giving your pet a treat at the same time every day. They will eventually remind you it's time for their treat and that's your new cue!)

2. Start Small and Repeat

Your brain strengthens habits through repetition. (Think about how you wrote your vocabulary words 10 times in elementary school.) Even 5 minutes daily creates neural pathways that make your time with God easier and more natural. Focus on consistency rather than perfection. Small, repeated wins train your brain to expect and enjoy the connection.

3. Celebrate the Reward or Replay the Misses

Each time you complete your quiet time, take a moment to notice peace, insight, or gratitude, or even the satisfaction of following through! Reward circuits in the brain release dopamine when you pair action with a positive feeling, reinforcing the habit. Additionally, replaying what happened that didn't go well on days you miss also help you in the long run. Your brain is a reflection machine, making the most of the wins and losses when we replay what actually happened without holding a judgmental mindset.

4. Link Action to Meaning

Remind yourself of why this quiet time matters—your personal relationship with God and how much that means to you. Motivation tied to meaning strengthens neural pathways and increases follow-through.

The End

Every good story has a turning point that shows what's possible. The main character gets what they truly want because they refuse to settle—they keep moving forward, no matter the obstacles. You have that same power. If you can name where you are now and where you want to be—and then take the steps to move from A to B—you can grow the kind of relationship with God you've been longing for. He never moves away from us; it's only we who create the distance. If you feel far from Him, it's time to take the next step. He's never more than a breath away. Speak His name, and He is ready, waiting, and available. I don't want to reach the end of my life and realize I missed His presence while I was here. I'm going to fight with every resource I have to get closer to Him. I hope you will do the same. And I hope this book helps you take that step.

About the Author

My name is Kelly Garashay. I'm a clarity coach and have been walking with Jesus since I was a teenager. Thirty years of life with Him has been nothing short of remarkable. He has carried me through my hardest days and walked with me through the ordinary ones. Early motherhood was a refining season for me. After a difficult birth with my first child, I faced physical challenges that shook my confidence—not just in my body, but in my ability to be the kind of mom I hoped to be. I learned that perfection isn't required in motherhood—or in faith. Honesty, humility, and the willingness to repair relationships go a long way. In those years, I had to fight for time with the Lord between nap schedules and housework. I often felt frustrated when God seemed silent. Over time, I began to recognize that He was speaking—I just hadn't learned to recognize His voice in the way He speaks uniquely to me. What a kind and patient God we have. He's never flustered by our mess or our pace. He lovingly pursues us and draws us close, even when we don't feel like we have much to offer. My hope is that as you read this book, you'll take one step closer to Him. Because at the end of the day, He's the only One who truly satisfies.

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Reimagine your quiet time for the season of motherhood

Things change, but God doesn't.

He still wants to be with you.



If you're feeling disconnected from God since your baby came into your life, don't be surprised. Everything has changed, so you may have to shift your perspective of time with Him. This new season doesn't have to get in the way of your connection with Him. For too long, many have treated time with God like a quiet appointment to keep rather than a living relationship to cultivate. Just because someone named it "Quiet Time" nearly a century ago doesn't mean your time with God has to resemble an Instagram Fall morning with sunlight streaming in, a perfect cup of steaming hot coffee, and a candle flickering nearby.

This booklet will help you uncover the story you've been telling yourself about meeting with God, recognize how it's shaped your connection with Him, and help you to rewrite that story with truth and clarity.

God isn't waiting for you to find the perfect moment, clear the noise, or clean yourself up before you come. He's already here—steady, present, and ready to meet you in the middle of real life.

Kelly Garashay is a clarity coach and writer who helps women grow in confidence, freedom, and spiritual clarity. Having walked with Jesus for more than 30 years, she brings both depth and real-life honesty to the way she talks about faith. Kelly lives what she teaches—finding God in the everyday, not just the quiet moments.

Learn more at www.KellyGarashay.com