

It's not about amount of time spent, but amount of word "eaten".

***I want you to spend the next 5 days and set aside an amount of time to be with the Lord that doesn't focus on QUANTITY, but QUALITY.***

Spend time writing down what the Lord shares. If it's 10 minutes, make sure you're completely focused. If it's 2 hours, make sure you have capacity. Above all seek the Lord about how much time, see what He says. It's not about amount of time spent with the Lord but about the exchange that happens when you are together!