

How to Adopt a Holy Leisure Mindset *for Your Work*

Accomplish More &
Have More JOY!



Holy Leisure as a Mindset for Your Work

*‘Otium Sanctum’ (Latin for holy leisure) is the pursuit of **balance** in life, an ability to be at **peace** throughout the activities of the day, an ability to **rest** and take time to enjoy **beauty**, an ability to **pace** ourselves.*

It’s no secret that the virtues our world loves most are hustle, determination, productivity, and progress. The higher the hill we climb, the greater the victory at the top! We’re so busy ‘doing’, the most common response to “How are you?” is “I’m tired” or “I’m busy.” In fact, we’re so comfortable with working, that we often forget what it’s like to truly rest. This preoccupation with being busy or productive can lead to imbalances in our relationships too. When we’re faced with challenging deadlines, long to-do lists, and the pressure to provide, often the first things we drop are the things that matter most; time with our loved ones, and time with God.

The Paradox of Work & Rest

But otium sanctum, or holy leisure, is the solution to this problem. When we slow down, rest, meditate on Scripture and enjoy being in the presence of God, it actually recalibrates our hearts for work. It’s paradoxical. We don’t feel we have the time to rest, but it’s in the resting that we find the time to do what needs to be done.

This pursuit of holy leisure is akin to enjoying God’s presence through the spiritual disciplines of the **study of God’s word, prayer**, and **meditation**. But it’s also a mindset for how we live and work. As much as some of us might enjoy full days of quiet, contemplative time with the Lord, that’s not realistic for most people. There is work to be done, projects to complete, people to take care of, and bills to be paid.

Common Questions

- Is it possible to have a mindset of holy leisure, even when your life isn’t leisurely?
- Can your inner man have a trusting/restful heart, even when you’re in the midst of madness and chaos?

Holy Leisure as a Mindset for Your Work

Jesus said, “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” (Matthew 11:28-30).

This is the balancing act of the Christian life. It's equally important to work and rest for the glory of God. We reject the cultural messages that tend to prop up human effort by saying things like, “Just work harder,” “Good things come to those who hustle,” and “You are your only limits.” These things have an appearance of wisdom, but they lack the power to restrain us from sinful self-reliance (Colossians 2:23).

Holy Leisure is a Mindset

Holy leisure isn't an excuse to be lazy or miss deadlines. Instead, it's a mindset that puts our work in its proper context of being reliant on God to bless our efforts. We aren't work adverse, or afraid of getting a little dirty. It's right and biblical to work hard. Paul said, “For I am the least of the apostles, unworthy to be called an apostle because I persecuted the church of God. But by the grace of God, I am what I am, and his grace toward me was not in vain. On the contrary, I **worked harder** than any of them, though it was not I, but the grace of God that is with me” (1 Corinthians 15:9-10).

God gives us the grace, skill, and energy to do our work, and we rely on him to give the increase. This is the mindset of holy leisure. Holy leisure has everything to do with how we approach the work that must be done.

Whether you're blogging, starting a new business, hobby, or other venture, let this framework guide you so you can chase your dreams in a way that gives God glory, and you get joy and accomplishment in return!

Balance

What It Is

A well-balanced life is one that is marked by a desire for godly wisdom that informs our priorities, pursuits, and interests.

What God Says

“If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind.” James 1:5-6

How We Respond

We believe God provides an abundant supply of wisdom for everyday matters to those who ask in faith.



Peace

What It Is

A state of well-being we enjoy as God's children, that all is well, even when we're facing life's fiercest battles.

What God Says

"You keep him in perfect peace him whose mind is stayed on you because he trusts in you." Isaiah 26:3

How We Respond

We believe that no matter what's happening in our lives, peace is ours when we are abiding in Christ.



Rest

What It Is

Our need for rest, especially when we feel we don't have time, is an act of trusting in God, and a sign of our dependence on him.

What God Says

"Come to me all you who are weary and burdened and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." Matthew 11:28-30

How We Respond

We can rest in Christ, not because everything on our to-do list is done, but because Christ finished the most important work on our behalf, our salvation.



Beauty

What It Is

We actively seek to appreciate the beauty that surrounds us every day.

What God Says

“One thing I have desired of the Lord that will I seek: That I may dwell in the house of the Lord, all the days of my life, and to behold the beauty of the Lord and to inquire in His temple.” Psalm 27:4

How We Respond

We believe God’s handiwork is everywhere. We seek to see what is beautiful and praiseworthy in every situation.



What It Is

We seek to be excellent managers of our time but expect that good things (and growth) take both consistent effort and lots of God's grace.

What God Says

"For everything there is a season and a time for every matter under heaven." Ecc 3:1

"If we live by the Spirit, let us also walk by the Spirit."
Gal 5:25

How We Respond

We resist being controlled by our own agenda, or other people's expectations. Instead, we are controlled by the Holy Spirit, accepting delays and detours as part of our sanctification process.



Grace

What It Is

We offer grace to ourselves and others, knowing we are utterly dependent on his grace in all of life.

What God Says

“But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness. Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.” 2 Cor 12:9

How We Respond

We believe all of our inadequacies and deficiencies are avenues to see God’s grace at work in every aspect of our lives. This causes our hearts to praise him more.



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