

FROM QUIET TIME TO HOLY LEISURE TIME

How to Revitalize Your Spiritual Growth
with this NEW Perspective



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Is your quiet time routine stale and boring? Maybe you've been faithfully checking off the quiet time box on your daily to-do list and yet, you're not experiencing noticeable growth.

Your devotions have become something you should 'do' and it's not necessarily a time that nourishes your soul.

It happens to all of us at one time or another. We get stuck in a rut, and don't know how to get over it. Here's a solution...

Consider reframing your quiet time as pursuing holy leisure.

(Holy leisure is just a fancy way of saying enjoyment in the presence of God.) Instead of checking God off your to-do list, remind yourself of the privilege we as believers enjoy getting to know the Creator of the Universe!

“I don't know what you've been taught, I don't know what you've been told about sanctification. But I will tell you this: the clear word of Scripture is that your sanctification is directly related to your pursuit of the knowledge of Christ in all His glory. It's not passive. Let the Word of Christ dwell in you richly. The Word, the revelation concerning Christ, let it dwell in you richly.”

John MacArthur

To experience spiritual growth, we need to actively pursue getting to know God through his Word. Holy leisure is a simply aligning our hearts and minds with Him as we read, study, and pray.

If your routine is getting a little stale here is a **SIMPLE SYSTEM** to refresh your soul in holy leisure.



1. PREPARE YOUR HEART & SPACE

Remember, we're reframing how we approach this time. Instead of continuing in our normal routines that aren't serving us, we want to disrupt those patterns and try something new. It could be as simple as finding a new location. I like to be out of my house. I usually spend my holy leisure time in my car, overlooking a peaceful lake nearby. Mix it up, give yourself permission to be creative, and try something new. This is a date with the Lord, if you treat it as a special time, it will be.

2. PICK OUT YOUR SUPPLIES

I've never outgrown the excitement of back-to-school shopping. Having the right supplies makes a huge difference in how I approach my time in the Word.

Here are some of my go-to tools.

ESV Scripture Journal:

Pick a book of the Bible you want to study, and purchase the Scripture Journal for notes. Every book has a lightly dotted blank page opposite the Bible text, providing space to creatively engage with and reflect on the Word of God. I love the Illuminated set, which has gold-ink illustrations interspersed throughout.

Inductive Study Pens & Highlighters:

Never underestimate the joy of a good pen! These Micron pens are my favorite, and come in 8 different colors. Color code your keywords with these pens. When you buy this set, you also get the smooth gliding highlighters.

Pencil Pouch:

Easily fits in your purse or backpack to keep with you wherever you go.

Your Choice of Journal

Do you like spiral bound, or bound? College ruled or wide rule? Lots of prompts, or blank pages? Finding your preferred journal is like finding your favorite pair of jeans. It's a personal choice.

Caffeinated Beverage of Your Choice ;)



3. PAUSE THE NOISE

Holy Leisure isn't leisurely if you're getting interrupted all the time. This is probably the biggest obstacle most of us face on a daily basis, and it's hard to break away. Learn to be comfortable with silence. Turn your phone to "Airplane Mode" or "Do Not Disturb" and give yourself and the Lord this time.

4. PRAY & JOURNAL THROUGH THE WORD

Now we're ready to actually start our holy leisure time!

Fight the "get it done" mindset. Dedicate this time to the Lord. The best way is to start with prayer. Below are a few verses that remind us of what benefits we enjoy in Christ. You can write these verses to begin your journaling time or you can pray them aloud. There's no right or wrong way. We know we're praying in line with God's will, when we pray back his Word to him.



**“Blessed be the Lord, who daily loads us with
benefits, the God of our Salvation.”**

Psalm 68:19

Thank you Lord that you give me everything I need. The benefits of being your child are unfathomable. Thank you that you are the God of my salvation.

**“Those who look to him are radiant, and their
faces shall never be ashamed.”**

Psalm 34:5

Dear Lord, let me be like Moses who when he was in your presence, he literally glowed from the inside out. Lord, when I set my gaze on earthly things, I will be ashamed, but when I keep my eyes on you, I will never be ashamed.

“How precious is your steadfast love, O God! The children of mankind take refuge in the shadow of your wings. They feast on the abundance of your house, and you give them drink from the river of your delights. For with you is the fountain of life; and in your light do we see light.”

Psalm 36:7-9

As I open up your Word, let me be in awe of your steadfast love to me, O God! I thank you that as your child, I can take refuge in the shadow of your wings. I'm safe with you. You lack nothing, and so I also lack nothing in your presence. Let me drink deeply from the river of delights that is in your Word. From your word I find an eternal source of life and light. Thank you Lord!

Let me hear in the morning of your steadfast love, for in you I trust. Make me know the way I should go, for to you I lift up my soul.

Psalm 143:8

Lord, help me to set my mind to you first thing in the morning. Let me hear from you in your Word. Remind me anew of how much you love me. Help me as I study your Word, to know what to do with what I learn. Show me the way I should go. In Jesus' Name, Amen.

Your word is a lamp to my feet and a light to my path.

Psalm 119:105

Thank you God, that your Word provides light for me as I navigate through life. It sheds light for each step I take. I trust you to keep showing me that light, even if it's just one step at a time. Amen.

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

James 1:5

As I open your Word today Lord, I admit my need for more wisdom. Thank you that you promise to give it to me in abundance, as I ask for it in faith. I trust you. Amen.



5. PHASE IN MORE STUDY

Depending on your availability, you can add some of these ideas to your holy leisure time. You'll find that as you dig in, you'll wish you had more time as you discover new truths in the Word.

“The more we go after him, the more we want to go after him.”

Mairi Franks

- 🕒 Read, study and mark-up your Scripture Journal. Depending on the size of the book you've selected, you can break it down into chunks. Dig into a chapter, or a paragraph, or even one verse at a time.
- 🕒 Continue journaling.
 - What's on your mind today?
 - Who can you pray for?
 - What are you hoping the Lord will teach you?
 - What are your hopes and dreams?
 - What sins are holding you back? Confess them.
 - Who can you encourage today?
- 🕒 Rewrite a verse in your own words, or word for word, memorize it.
- 🕒 Highlight truths you're seeing in Scripture.
- 🕒 Make a list of things you're observing in the Word.

- 🔊 Find keywords in the text you're studying.
 - Circle, underline, star, and/or draw a symbol above it each time it occurs in your text
- 🔊 Keep a list of questions that come to mind in your Scripture Journal
 - When you discover an answer, write that down too.
- 🔊 Keep an Answered Prayers List
- 🔊 Look up cross references or parallel passages (your own Study Bible will help with this)
- 🔊 Still want to go deeper? Find a sermon to listen to on the passage you're studying
 - Grace to You (GTY) App (my personal favorite)
 - Sermons App
- 🔊 Listen to the Word. It's great to hear the word spoken to you. This is great for commute times in the car.
 - Bible.is app





Dear friend,

I hope this Quiet Time to Holy Leisure Time has encouraged you. My greatest desire is to help women find renewed joy, leisure, and encouragement in their walks with the Lord. Each day is a new opportunity to reflect on our great salvation, and to make Him our heart's desire. He is worthy!

Thankfully there is much grace in this process. At the end of his life, Paul said, "Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus" (Phil 3:13-14).

Let's let go of what drags us down, and keeps us away from truly worshipping Jesus. We let go of yesterday (and today's) failures, and we press on, imperfectly for Him.

For He is the prize!

Pursuing Him with you,

Cara

P.S. Please write to me at cara@cara-ray.com and tell me how this helped you, or what your greatest struggles are in drawing near to God. I'd love to pray for you.