A woman wearing a brown coat and a grey beanie is holding a baby in her arms. They are standing in a field of tall, dry, golden-brown grass. In the background, there is a large, rocky mountain with some evergreen trees on its slopes. The sky is a pale, overcast grey.

HOLY LEISURE MINDSET

for Moms

Hello!

Two words that don't naturally fit together are 'motherhood' and 'leisure.' As mothers, we spend much of our time and energy caring for and nurturing our children, as we should. The thought of leisure seems like a luxury or a once-in-awhile treat where we get to splurge on ourselves.

But the concept of holy leisure is different. It's not an excuse to neglect our duties and indulge our flesh, but an opportunity to put on our spiritual oxygen masks first and better care for our souls and the souls in our care.

What is holy leisure?

Here's a definition from Richard Foster's *Celebration of Discipline*.

'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, and an ability to pace ourselves.

When we slow down, rest, meditate on Scripture, and enjoy being in God's presence, our hearts are recalibrated for the work that must be done as mothers. 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 means you enjoy God's presence through the spiritual disciplines of studying God's word, prayer, and meditation. But it's also a mindset for how we look at the work of mothering. Even when the demands of motherhood are pressing, it's possible to look at the work that must be done with a mindset of holy leisure. But how does that practically work itself out?

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).

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.

The six steps to adopting a Holy Leisure mindset are balance, peace, rest, beauty, pace, and grace. Let's dig into what that means...

01

BALANCE

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

BALANCE

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.

HOW TO FIND MORE BALANCE IN LIFE

Balance may not be possible in every area of your life, and that's ok. Trust that God has you in this season at this time for a reason.

Consider where biblical wisdom could be applied to your life and your use of time.

What one area of your life takes time away from your desire and pursuit of God and his Word?

Can you make a change to that area that would result in more time for the things that matter most?

LINKS TO LEARN MORE

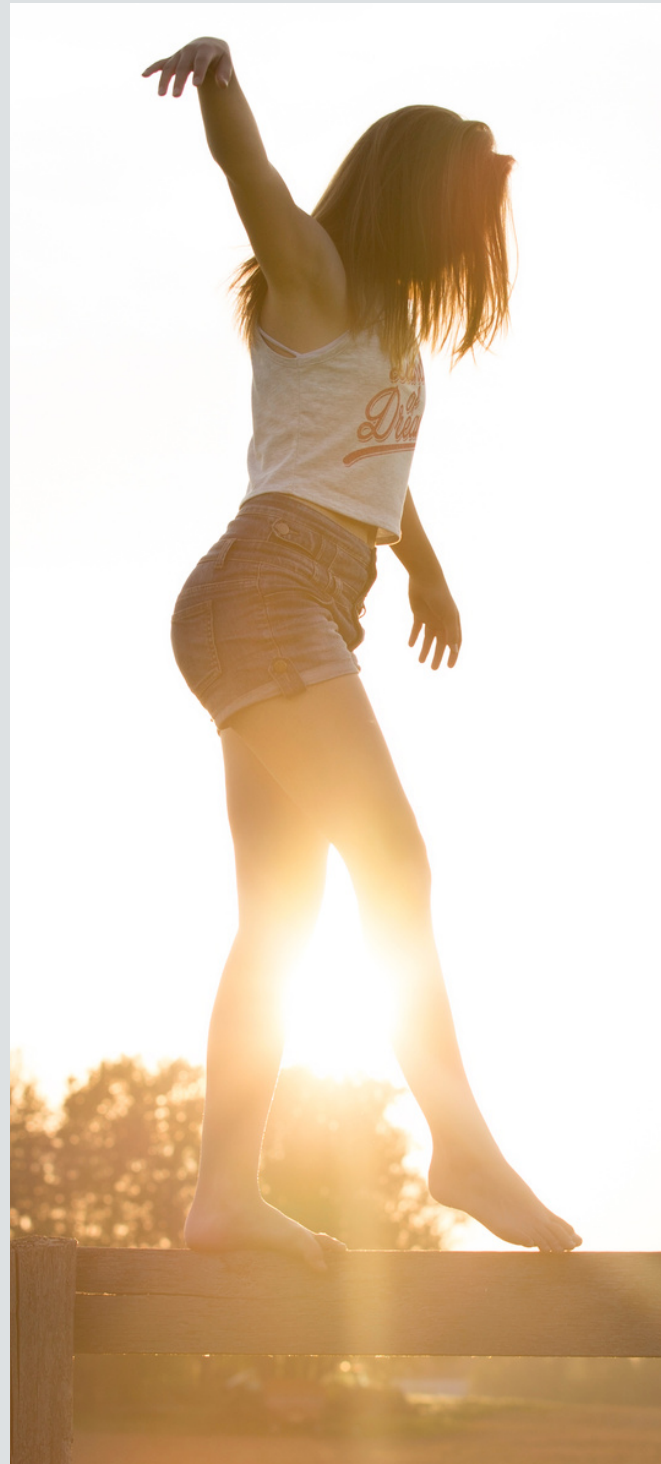
[Holy Leisure is for Everyday People](#)

[Now What? How Parents Can Pray for Their College-Aged Kids](#)

[Hudson Taylor's Secret to Success was in "The Exchanged Life"](#)

[In Praise of the Ordinary Fathers Making an Extraordinary Difference](#)

[What I've Learned About the Seasons of Motherhood](#)



SCRIPTURES FOR BALANCE

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ECCLESIASTES 3:1 (ESV)

FOR EVERYTHING THERE IS A SEASON, AND A TIME FOR EVERY MATTER UNDER HEAVEN.

A light yellow oval with a thin black outline and two small black stars at the top and bottom points.

MATTHEW 6:33 (ESV)

BUT SEEK FIRST THE KINGDOM OF GOD AND HIS RIGHTEOUSNESS, AND ALL THESE THINGS WILL BE ADDED TO YOU.

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ROMANS 12:2

DO NOT BE CONFORMED TO THIS WORLD, BUT BE TRANSFORMED BY THE RENEWAL OF YOUR MIND, THAT BY TESTING YOU MAY DISCERN WHAT IS THE WILL OF GOD, WHAT IS GOOD AND ACCEPTABLE AND PERFECT.

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MARK 6:31

AND HE SAID TO THEM, "COME AWAY BY YOURSELVES TO A DESOLATE PLACE AND REST A WHILE." FOR MANY WERE COMING AND GOING, AND THEY HAD NO LEISURE EVEN TO EAT.

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LUKE 10:27

AND HE ANSWERED, "YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART AND WITH ALL YOUR SOUL AND WITH ALL YOUR STRENGTH AND WITH ALL YOUR MIND, AND YOUR NEIGHBOR AS YOURSELF."

O2

PEACE

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

PEACE

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.

HOW TO FIND MORE PEACE IN LIFE

Our experience of feeling peace is directly related to the amount of time we spend in God's Word. Are you feeling peace-less or peace-full? Do you see the correlation of your peace level with the amount of time you've spent filling up your heart and soul with God's Word and his presence?

LINKS TO LEARN MORE

[Better than a Christmas Truce is the Prince of Peace](#)

[Mountain Climbers, Beautiful Feet, & How Peace with God is Possible](#)

[How to Find Peace in the Midst of Your Storm](#)

[Hope for the Doubting Thomases of the World](#)

[The Best Makeover You'll Ever See Will Be Your Own](#)



SCRIPTURES FOR PEACE



01

ISAIAH 26:3

YOU KEEP HIM IN PERFECT PEACE WHOSE MIND IS STAYED ON YOU, BECAUSE HE TRUSTS IN YOU.



02

JOHN 14:27

PEACE I LEAVE WITH YOU; MY PEACE I GIVE TO YOU. NOT AS THE WORLD GIVES DO I GIVE TO YOU. LET NOT YOUR HEARTS BE TROUBLED, NEITHER LET THEM BE AFRAID.



03

ROMANS 12:18

IF POSSIBLE, SO FAR AS IT DEPENDS ON YOU, LIVE PEACEABLY WITH ALL.



04

1 PETER 5:7

IF POSSIBLE, SO FAR AS IT DEPENDS ON YOU, LIVE PEACEABLY WITH ALL.



05

PSALM 119:165

GREAT PEACE HAVE THOSE WHO LOVE YOUR LAW; NOTHING CAN MAKE THEM STUMBLE.



REST

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.

REST

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.

HOW TO FIND MORE REST IN LIFE

Finding rest doesn't mean we are constantly in pursuit of a time when we do absolutely nothing. Those times are important and necessary, but we can find a restful mindset even in the midst of busy seasons. The Lord's heart is not to lay heavy burdens on us, but to free us with his heart of gentleness and humility.

If you're heavy laden with burdens and worry, that's a sign you aren't finding rest in laying those burdens at the feet of Jesus. Write down every single thing that burdens your heart right now. Then write a prayer to God about all of those burdens, and ask for his help. Cast your cares on him, for he cares for you.

LINKS TO LEARN MORE

[This Simple Practice Has Life-Changing Affects](#)

[To Live a Purposeful Life, You Need Just One Thing](#)

[His Eye is on the Sparrow & 11 Reasons You Are More Valuable Than They](#)

[Our Daily Bread & How to Be Satisfied Forever](#)

[The Good Wine's Kept for Last & How to Receive Blessing Now](#)



SCRIPTURES FOR REST

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01

PSALM 4:8

IN PEACE I WILL BOTH LIE DOWN AND SLEEP;
FOR YOU ALONE, O LORD, MAKE ME DWELL
IN SAFETY.

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02

EXODUS 33:14

AND HE SAID, "MY PRESENCE WILL GO WITH
YOU, AND I WILL GIVE YOU REST."

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03

MARK 6:31

AND HE SAID TO THEM, "COME AWAY BY
YOURSELVES TO A DESOLATE PLACE AND
REST A WHILE." FOR MANY WERE COMING
AND GOING, AND THEY HAD NO LEISURE
EVEN TO EAT.

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04

MATTHEW 11:29-30

TAKE MY YOKE UPON YOU, AND LEARN FROM
ME, FOR I AM GENTLE AND LOWLY IN HEART,
AND YOU WILL FIND REST FOR YOUR SOULS.
FOR MY YOKE IS EASY, AND MY BURDEN IS
LIGHT."

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05

ISAIAH 30:15

FOR THUS SAID THE LORD GOD, THE HOLY
ONE OF ISRAEL, "IN RETURNING AND REST
YOU SHALL BE SAVED; IN QUIETNESS AND IN
TRUST SHALL BE YOUR STRENGTH." BUT YOU
WERE UNWILLING,

O4

BEAUTY

Because God is beautiful, and beauty is his idea, we seek to worship him through the enjoyment of his creation.

BEAUTY

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.

HOW TO FIND MORE BEAUTY IN LIFE

It's one thing to appreciate a beautiful sunset. It's quite another to let that appreciation of beauty spur our hearts to worship. For the next few days, every time you see something beautiful, make a conscious effort to thank the ultimate Maker of it all.

Did that song on the radio make you feel something? Thank God for the gift of music, and for musicians who know how to use their instruments and lyrics to move your heart.

Did you see that hummingbird hover over a flower and extract its nectar? Thank the Creator for his miraculous design over all creation, and how his design includes all of nature and YOU!

LINKS TO LEARN MORE

[How Finding Beauty in the Everyday Helps Us Enjoy God](#)

[Looking for Love in all the Wrong Places](#)

[Beware of the Mindless Scroll, and How to Behold What's Beautiful](#)

[The Blessedness of the Marriage Supper & 7 Ways to Rejoice Now](#)

[Shadows & Spirit: How to Be a Creator Who Aims for Eternity](#)



SCRIPTURES FOR BEAUTY

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GENESIS 1:27

SO GOD CREATED MAN IN HIS OWN IMAGE, IN THE IMAGE OF GOD HE CREATED HIM; MALE AND FEMALE HE CREATED THEM.

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COLOSSIANS 1:16

FOR BY HIM ALL THINGS WERE CREATED, IN HEAVEN AND ON EARTH, VISIBLE AND INVISIBLE, WHETHER THRONES OR DOMINIONS OR RULERS OR AUTHORITIES—ALL THINGS WERE CREATED THROUGH HIM AND FOR HIM.

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REVELATION 4:11

“WORTHY ARE YOU, OUR LORD AND GOD, TO RECEIVE GLORY AND HONOR AND POWER, FOR YOU CREATED ALL THINGS, AND BY YOUR WILL THEY EXISTED AND WERE CREATED.”

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PSALM 139:13-14

FOR YOU FORMED MY INWARD PARTS; YOU KNITTED ME TOGETHER IN MY MOTHER'S WOMB. I PRAISE YOU, FOR I AM FEARFULLY AND WONDERFULLY MADE. WONDERFUL ARE YOUR WORKS; MY SOUL KNOWS IT VERY WELL.

A light beige oval with a thin black outline and two small black stars at the top and bottom points.

ECCLESIASTES 3:11

HE HAS MADE EVERYTHING BEAUTIFUL IN ITS TIME. ALSO, HE HAS PUT ETERNITY INTO MAN'S HEART, YET SO THAT HE CANNOT FIND OUT WHAT GOD HAS DONE FROM THE BEGINNING TO THE END.

05

PACE

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

PACE

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.

HOW TO FIND MORE PACE IN LIFE

Some seasons of motherhood are busier than others. Often, our resistance to busy seasons is that we long for a time in the future when things will be easier, smoother, and calmer. But when we live like that, we miss all of the blessings of where we're at currently.

Consider your season. Are you a new parent, or do you have little children at home? Don't miss all the blessings that are unique to this time with our children by wishing it away.

Are you an empty nester and miss the days you felt more needed? Journal your thoughts, and consider how you can use either your lack of time or abundance of time to bless those in your immediate circles.

LINKS TO LEARN MORE

[Teens, Quiet Times & How to Change Affections One Pot of Earl Grey at a Time](#)

[Remember the Morning Watch: A Call for Early Morning Devotions](#)

[Be of Good Cheer, Your Seasons Are in God's Hands](#)

[Teach Us to Number Our Drives, That We May Gain the Hearts of our Children](#)

[How to Love Others By Being Interruptible](#)



SCRIPTURES FOR PACE



01

PSALM 31:14-15

BUT I TRUST IN YOU, O LORD; I SAY, "YOU ARE MY GOD." MY TIMES ARE IN YOUR HAND; RESCUE ME FROM THE HAND OF MY ENEMIES AND FROM MY PERSECUTORS!



02

HABAKKUK 2:3

FOR STILL THE VISION AWAITS ITS APPOINTED TIME; IT HASTENS TO THE END—IT WILL NOT LIE. IF IT SEEMS SLOW, WAIT FOR IT; IT WILL SURELY COME; IT WILL NOT DELAY.



03

ECCLESIASTES 3:1

FOR EVERYTHING THERE IS A SEASON, AND A TIME FOR EVERY MATTER UNDER HEAVEN:



04

GENESIS 18:14

IS ANYTHING TOO HARD FOR THE LORD? AT THE APPOINTED TIME I WILL RETURN TO YOU, ABOUT THIS TIME NEXT YEAR, AND SARAH SHALL HAVE A SON."



05

PSALM 130:5

I WAIT FOR THE LORD, MY SOUL WAITS, AND IN HIS WORD I HOPE;

06

GRACE

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

GRACE

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.

HOW TO FIND MORE GRACE IN LIFE

Grace is not a storehouse of treasure that we tap into in times of distress. Rather, grace is found in the person of Jesus Christ. If you are in Christ, you have him. Now you need to know what this amazing grace looks like and how it can be an overflow of your life to others.

Are you experiencing his grace everyday by opening up the Word of God and learning more about who he is, and what he's done for you?

How can you give as you've received in extending grace to those around you?

LINKS TO LEARN MORE

[My Story: Finding God's Grace Sufficient in a Messy Relationship](#)

[How Disrupted Plans Reveal the Care & Love of God](#)

[Amazing Grace & 5 Eye-Opening Ways to See Your Need, Bartimaeus-Style](#)

[Paradise Found: The Thief on the Cross & You & Me](#)

[The Compassionate Heart of the Father for Lost People and Lost Spandex](#)



SCRIPTURES FOR GRACE

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01

1 CORINTHIANS 15:10

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.

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02

JOHN 1:16

FOR FROM HIS FULLNESS WE HAVE ALL RECEIVED, GRACE UPON GRACE.

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03

EPHESIANS 4:32

BE KIND TO ONE ANOTHER, TENDERHEARTED, FORGIVING ONE ANOTHER, AS GOD IN CHRIST FORGAVE YOU.

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04

1 CORINTHIANS 13:4-7

LOVE IS PATIENT AND KIND; LOVE DOES NOT ENVY OR BOAST; IT IS NOT ARROGANT OR RUDE. IT DOES NOT INSIST ON ITS OWN WAY; IT IS NOT IRRITABLE OR RESENTFUL; IT DOES NOT REJOICE AT WRONGDOING, BUT REJOICES WITH THE TRUTH. LOVE BEARS ALL THINGS, BELIEVES ALL THINGS, HOPES ALL THINGS, ENDURES ALL THINGS.

A light cream-colored oval with a thin black outline and two small black stars on the left and right sides.

05

1 JOHN 3:18

LITTLE CHILDREN, LET US NOT LOVE IN WORD OR TALK BUT IN DEED AND IN TRUTH.

THANK YOU!

Now that you know what holy leisure is, and what it looks like in everyday life, I pray this will recalibrate your heart towards resting in the One who's accomplished everything on your behalf. It's in him we find the balance, peace, rest, grace, beauty, pace, and grace our souls are longing for.

If this has been a valuable resource for you, I hope you'll enjoy continuing in the pursuit of holy leisure through my weekly-ish email newsletter and following along on social media.

Sola Deo Gloria!

Cara



CARA-RAY.COM