



how to adopt a
**HOLY
LEISURE
MINDSET**

CARA-RAY.COM

Hello!



It's no secret that the virtues the world loves are hustle, determination, productivity, and progress. The higher the hill we climb, the greater the victory at the top! We're so busy 'doing', no wonder that 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.

But **otium sanctum**, or **holy leisure**, is the solution to this problem.

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 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. It's possible to have a mindset of holy leisure, even when your life isn't leisurely.

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).

Love the work that must be done.

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 working, 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!

The 6 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

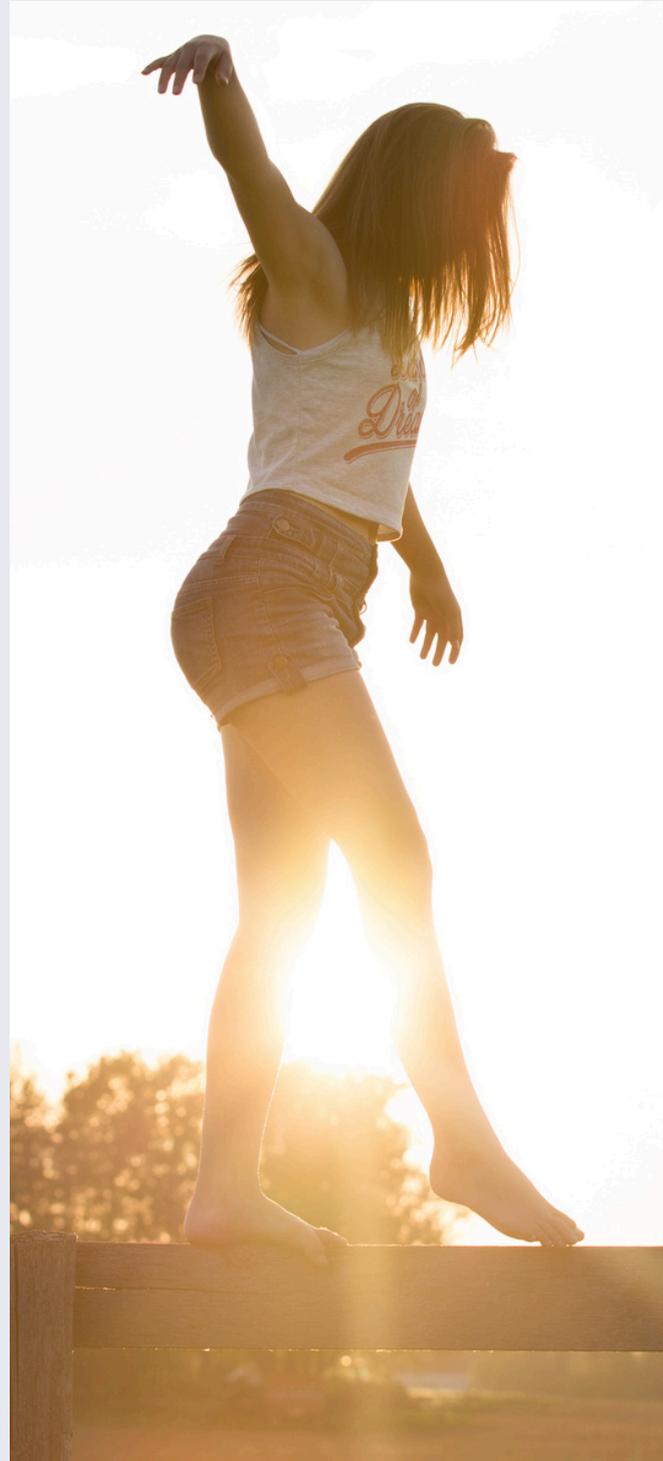
[Holy Leisure is for Everyday People](#)

[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](#)



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

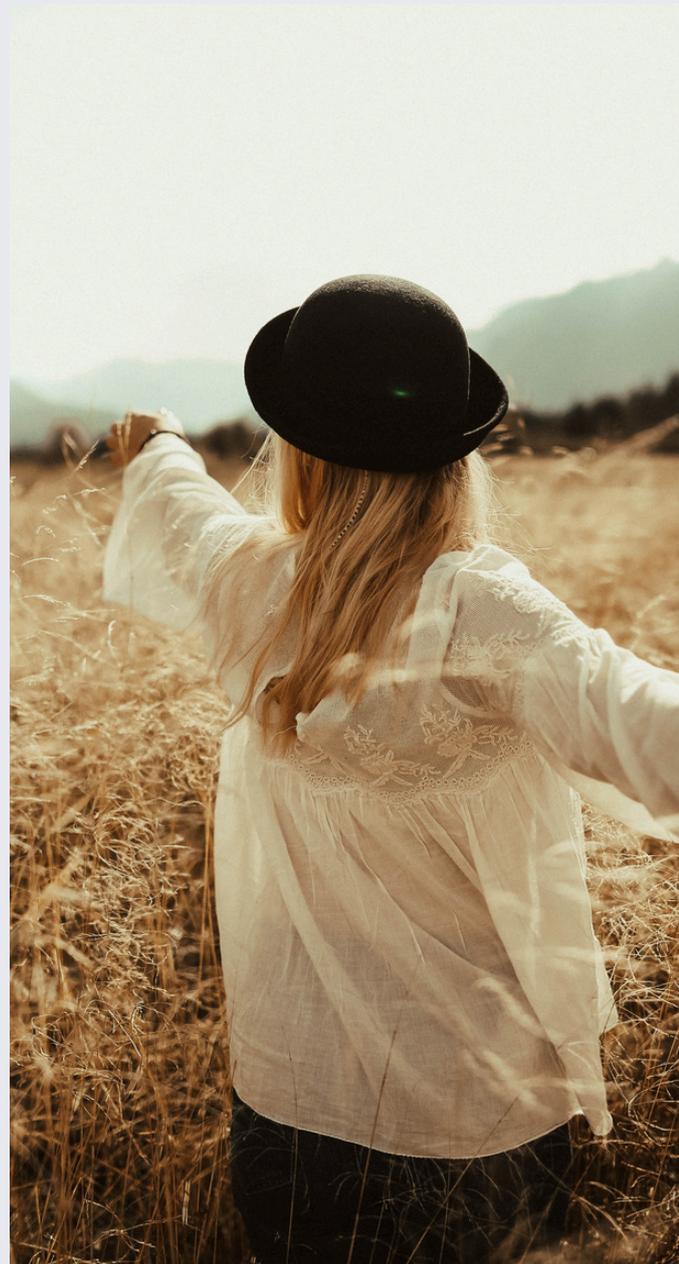
We believe that no matter what's happening in our lives, peace is ours when we are abiding in Christ.

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](#)



O3

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](#)



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.](#)



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 life are naturally 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, by wishing it away.

Are you an empty nester and miss the days when 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](#)



06



GRACE

We offer grace to ourselves and others,
knowing we are utterly dependent on his
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

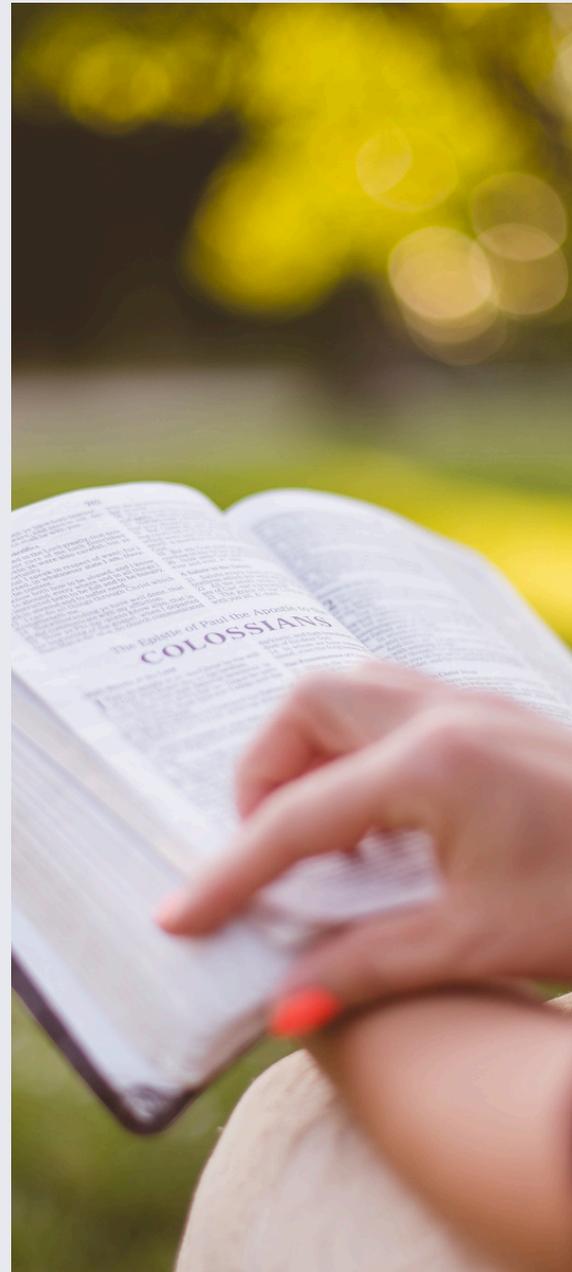
[My Story: Finding God's Grace Sufficient in a Messy Relationship](#)

[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](#)



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 email newsletter and following along on social media.

Sola Deo Gloria!

Cara



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