



One Thing

GUIDE TO HOLY LEISURE

8 TYPES. 8 PATHS. ONE PURSUIT.

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HOW TO USE THIS

Guide to Holy Leisure

Do you ever feel like your quiet time is a task to check off your to-do list?

You may desire spiritual intimacy, but spending time in God's Word feels like a duty, and not the delight of your heart. Perhaps you wonder if you should open your Bible and pray if your heart isn't in it.

If that sounds familiar, you're not alone!

Centuries ago, early church Fathers described a different way of living using a Latin phrase: **Otium Sanctum, or holy leisure**. Although we associate leisure with relaxation, holy leisure wasn't laziness, but finding true rest in pursuing the good, the true, and the beautiful.

Perhaps David was longing for holy leisure when he wrote,

"One thing have I asked of the Lord... that I may dwell in the house of the Lord... to gaze upon the beauty of the Lord" (Psalm 27:4).

When Mary chose to sit at Jesus' feet while her sister was busy serving, Jesus gently reminded Martha,

"You are anxious and troubled about many things, but **one thing is necessary**" (Luke 10:41-42).

This is also what Paul declared as his life's ambition:

"But **one thing I do**... I press on toward the goal for the prize of the upward call of God in Christ Jesus" (Philippians 3:13-14).

Holy leisure isn't about doing less. It's about doing the one thing your heart desires most, enjoying God.

This **Guide to Holy Leisure** has been created to help you understand your mindset when it comes to reading the Bible and how *holy leisure* helps to change your approach to your quiet times.

Inside you'll find...

Eight different types of people and how they approach God's Word.

Eight journaling pages with diagnostic questions to help you discover your type.

What's next? Take the Quiz at the end to discover more resources to help you grow in the pursuit of holy leisure.

DISCOVER YOUR QUIET TIME APPROACH

We all approach time with God differently. Understanding your natural tendencies can help you overcome common pitfalls and grow in deeper intimacy and holy leisure. Here are the 8 Types. **Which type are you?**

1. LEGALIST

Like Martha, the Legalist finds identity and worth in faithful service, and doing what is “right.” This commitment comes from a genuine desire to honor God, but it often ties too much value to performance.

Good service can be misplaced when it eclipses the “one thing necessary”—hearing his Word and delighting in his presence.



3. FEELER

Like Elijah, the Feeler experiences the heights of spiritual triumph and the depths of discouragement. This sensitivity brings deep awareness of God's work but can also lead to discouragement when emotions shift.

Elijah's encounter with God in the gentle whisper shows that His presence is not confined to dramatic moments.



2. PERFECTIONIST

Like Job, the Perfectionist is earnest in pursuing righteousness and attentive to matters of the heart. This dedication can inspire others, but it can also create pressure to perform for God's approval.

Job's journey reveals the sustaining power of God's grace when self-effort is no longer enough.



4. STRIVER

Like Jacob, the Striver is persistent in seeking God's blessing and unwilling to let go in seasons of struggle. This determination is admirable, yet it can be accompanied by a subtle reliance on certain practices to secure favor.

Jacob's limp became a lifelong reminder of his striving, but God's blessing was also a result.

5. SCHOLAR

Like Paul, the Scholar treasures deep study of Scripture and seeks to understand God's truth with clarity. This passion for learning is a gift, but it can drift into intellectual mastery without heartfelt transformation.

Paul's encounter with the risen Christ reoriented his knowledge toward beholding and proclaiming the glory of Jesus.



7. ATHLETE

Like Peter, the Athlete is bold, action-oriented, and ready to take risks for Christ. This zeal inspires others, yet it can falter when focus shifts from Christ to surrounding challenges.

Peter's walk on water illustrates that the truest victory is found in keeping our eyes fixed on the Lord.



6. TRADITIONALIST

Like Nicodemus, the Traditionalist values structure, faithfulness, and consistency in her spiritual life. These rhythms provide stability, but they can also become rote and lifeless without renewal by the Spirit.

Nicodemus' conversation with Jesus points to the need for new birth that only God can give.



8. PSALMIST

Like Mary of Bethany, the Psalmist delights in Jesus' presence and treasures his Word above all else. This posture nurtures deep intimacy with Christ, though distractions still seek to pull attention away.

Mary's choice to sit at the Lord's feet reveals the surpassing worth of knowing him above all.



Legalist Journaling Prompts

In what areas of life do urgent tasks consistently crowd out time at Jesus' feet?

How might choosing the "better portion" (Luke 10:42) change the tone of your day?

How can service flow from stillness with God rather than replace it?

Perfectionist Journaling Prompts

What burden is God inviting you to release into his hands today (Job 23:10)?

How would it change your quiet time to believe God's love is unearned (Ephesians 2:8–9)?

When has a trial revealed more of God's character to you?

Feeler Journaling Prompts

When your emotions are low, what truths from Scripture help you stay anchored (Hebrews 13:5)?

Where in your life is God inviting you to listen for his gentle whisper (1 Kings 19:12)?

How do you recognize God's work in the ordinary, not just in the dramatic?

Striver Journaling Prompts

What blessings are you currently wrestling with God to obtain (Genesis 32:26)?

How would trusting God's timing change the way you approach prayer?

When has surrender brought greater peace than striving?

Scholar Journaling Prompts

When studying Scripture, how often does your learning turn into worship?

What passage recently revealed Christ's glory in a fresh way (2 Corinthians 3:18)?

Do you spend more time mastering the Word or letting the Word minister to you?

Traditionalist Journaling Prompts

When has God done something new in your life that disrupted your routines (Isaiah 43:19)?

How can familiar habits be infused with renewed heart engagement?

In what ways do you need to rely on the Spirit instead of the structure?

Athlete Journaling Prompts

In what ways are you currently stepping out of the boat in faith (Matthew 14:29)?

How do you discern when to press forward and when to pause?

When has keeping your eyes on Jesus carried you through a storm?

Psalmist Journaling Prompts

How do you guard time at Jesus' feet in the midst of life's demands (Luke 10:42)?

What does it look like to choose the "better portion" throughout the day?

How do you experience God's presence outside of quiet moments?

take the QUIET TIME APPROACH *Quiz*



You've just had a glimpse of the **8 Quiet Time Types**—and maybe one stood out as especially familiar. But there's more to discover.

Your time with God is meant to be life-giving, not guilt-inducing. When you understand how you're uniquely wired to connect with Jesus, you can move from pressure to peace... from checklist to communion... from striving to sitting at his feet.

Take the “**Discover Your Quiet Time Approach**” quiz to find out your type—and learn how to cultivate holy leisure in a way that's aligned with how God made you.

In him,

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