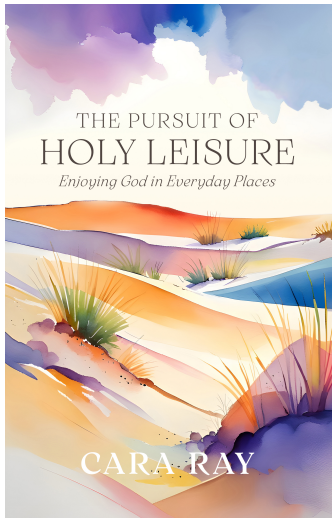
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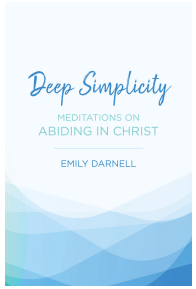
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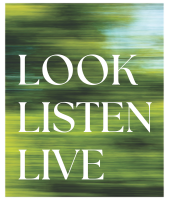


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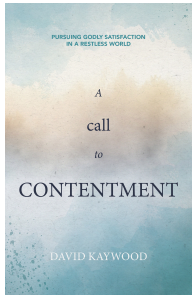
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DESCRIPTION

Rest for the Soul: The Gift of Holy Leisure

Discover a fresh approach to spiritual life with Cara Ray's *The Pursuit of Holy Leisure*. This book invites you to move beyond guilt-driven routines and embrace a mindset of restful, joyful communion with God. Through personal stories, biblical insights, and practical guidance, Ray shows how to find delight in Scripture, prayer, and daily life—even in seasons of struggle or dryness. Each chapter ends with reflection questions, making it ideal for personal or group study. If you long to experience God's presence as a source of true rest and joy, this book is for you.

AUTHOR

Cara Ray is a writer, Bible teacher, and founder of The Writers' Bloc community and podcast. She helps believers slow down, savor Scripture, and pursue holy leisure. Her work appears on Desiring God, Challies.com, and the YouVersion Bible App. She lives in Gilbert, Arizona.

ENDORSEMENTS

Cara equips us to engage our minds—in a truly leisurely way—to seek the true, the good, and the beautiful in every sphere of life. 'The Pursuit of Holy Leisure' is a must-read for every soul eager to be at ease in the presence of Christ.

Abigail Wallace
Bible teacher, speaker and author, 'Meek Not Weak: A 12-Week Guide to the Gentle Strength of Meekness'

May the abiding with Jesus be sweeter and more sustained than ever, as you learn from and live out this fantastic spiritual resource.

Adam Bailie
Senior Lead Pastor, Christ Church, Phoenix, Arizona

I believe that those who read this book will soon find themselves longing to know God more and to pursue him according to the gracious and glorious means he has provided.

Tim Challies
Author, 'Seasons of Sorrow'

The author teaches readers how to calm a restless mind, not through idleness, but by living every moment joyfully before the face of God.

Kristin Elizabeth Couch
Author, 'Deep Roots, Good Fruit'

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