

The Pursuit of Holy Leisure

Enjoying God in Everyday Places

Cara Ray

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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.

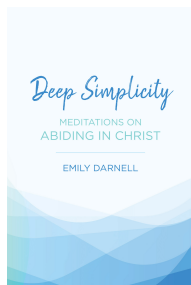
AUTHOR

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

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