



## Day 15 | To Be List & Healthy Leisure

In today's One Percent Prayer, Pete invites us to live out today's prayer by making a "To Be" list or taking time to enter into healthy leisure activity.

In today's reading, Mary sits listening at the feet of Jesus, who tells Martha that Mary has chosen the better part and it will not be taken from her. We sometimes behave more like human "doings" than human "beings." Taking time to *just be* can help us to remember that we are a beloved son or daughter of a God who is ridiculously in love with us. God loves us not because we could do something to deserve it, but simply because of who we are as God's children. When we live from this security identity in God, we are better able to *just be with* others--God's beloved children.

We can easily fall into the temptation of one of two extremes: over-activity or couch-potato, rather than entering into the true rest that God offers us.

Today, we invite you to do one of two things today to live out of our identity as beloved children and enter into ordinary daily life with a sense of being at the Lord's feet.

### **Put together a "To Be" list**

Who is the Lord calling you to be in this moment and season of your life? Rather than focusing on what you will accomplish, consider who you want to be.

### **Enter into Healthy Leisure Activity**

Consider the daily activities that bring about refreshment and joy in your life, moments of healthy leisure that help you to have a disposition of being rather than doing. What is one restful and healthy leisure activity that you can enter into today? Do it!

*You may have noticed that Pete accidentally misspoke switching Mary and Martha's names at the beginning of today's Live It Audio. Just checking to see if you were paying attention.*