

A vintage camera with a brown leather strap and a large lens, resting on a light blue wooden surface.

# *Summer Soul Refresh*

31 SIMPLE WAYS  
TO RESTORE  
YOUR SOUL

GINGERHARRINGTON.COM



# *Hello Summer!*

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## DO YOU NEED MOMENTS TO RESTORE YOUR SOUL?

*"God hasn't invited us into a disorderly, unkempt life but into something holy and beautiful--as beautiful on the inside as it is on the outside.--I Thessalonians 4:7 MSG*

Is the idea that God restores internal order, spiritual wholeness, and inner beauty resonating with you today? Do you long to break out of your normal routine, creating margin for a fresh outlook? Are you struggling to give yourself permission to slow the endless creep of busyness in your life?

Maybe you're like me, needing to carve out a little time to catch up with yourself, your people, and your God. Summer days offer a perfect opportunity to set aside time for God to do a little soul restoration in our lives.

When we run hard on the fumes of yesterday's energy, weariness distorts our perspective. And yet, the summer season can be just as busy with activities and travel. For moms especially, summer days can be a challenge to keep kids engaged and entertained. Whether you are physically drained, emotionally depleted, or simply wanting to change up your routine, offer your summer moments to God.

# Beyond Good Intentions

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## HOW DO WE FIND TIME TO REFRESH?

- Ask God to bless you with time to renew your body, soul, and spirit.
- Use the ideas in this guide to inspire simple ways to break up your routine.
- As you read through the ideas, mark the ones that appeal to you.
- Try something different.
- Let the Spirit guide you on what ideas will most benefit you and your family in this season.
- Entrust him to order your days.
- Prayerfully make a plan of which ideas you'd like to incorporate into your life.
- Consider what will work for you and schedule your top priorities on the calendar.
- Enjoy a variety of spiritual, relational, active, creative, or restful activities.

Maybe you want to focus on one or two ideas, making time to read good books or spend more time in God's Word. If so, think about how you can build this into your day or your week. Keep it simple and get started. Set yourself up for success with mindful preparation. Choose a book and place it on your nightstand, ready to read for a few minutes before you turn out the lights. Keep your Bible in a visible spot to greet you in the morning. Choose an activity you will cut back on to make time for what you want to do.

Possibly, the ideas for being active or spending time with family and friends are what are calling your name. If so, take time to jot down activities that you want to do, making your personal **summer bucket list**. Keep in mind that the goal is to refresh rather than over schedule. Seek God's wisdom for how to order your calendar to make time for the things that will replenish rather than just keep you busy.

# *Choices Make it Happen*

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## MAKE CHOICES THAT WILL BLESS YOUR SOUL THIS SUMMER

Break away from binging on Netflix and unplug from the computer. Live fully and enjoy life. Be present in the moment, rather than being consumed with social media. Open your calendar and make a few plans—schedule a summer game night, a day trip to a nearby town, or a D.I.Y project. The trick is to move from good intention to actually doing the things that will make the most of your moments this summer.

Let's offer our moments for God to renew our hearts, re-vitalize our energy, and re-focus our perspectives. Whole-hearted living is the best way to enjoy your summer. Body, soul, and spirit—we are created to experience the wholeness and fullness of life in Christ. By faith, set aside time for God to replenish your soul in the coming weeks.

# *He Restores My Soul*

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Enjoy your days by relying on the Holy Spirit and celebrating life this summer. In this list you'll find a variety of ways to enjoy time with God, family, friends, as well as time to yourself.

Pray before you begin reading this list, asking Jesus to show you how to refresh your soul this summer. Trust me, intentionality creates big dividends in our health, relationships, work, emotions, and spiritual growth. Today is a gift, so enjoy the present and make this a summer to remember!

*He leads me beside quiet waters. He restores my soul.*

--PSALM 23:2-3 NASB

## *1. Cherish love*

Take time to praise God for your loved ones. Set aside petty differences and minor irritations that keep you from appreciating a loved one. Make time to focus on spending quality time and simple appreciating the gift of love for family and friends. Purpose to do one thing each day to cherish love.

## *2. Challenge yourself to memorize Scripture*

We often have good intentions to memorize Bible verses, but the busyness of life often crowds out our resolve. Refresh your spirit this summer by hiding God's word in your heart.

## *3. Create a scrapbook*

Creativity is a fun way to refresh the soul. Make a spiritual scrapbook to collect scriptures, insights, and pictures. Catch up on a family scrapbook and relive happy moments with others. This is a project to involve kids in the fun.

# *Simple Ways to Restore Your Soul*

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## *4. Cultivate friendship*

Summer is a great time to be intentional with friends. Purpose to build friendship this summer. Reach out to others and initiate time with friends. Invite a new friend for coffee or introduce yourself to a neighbor you don't know.

## *5. Dance for the joy of being alive*

Crank up some praise music or other fun tunes and dance. Be silly and have fun with a heart filled with gratitude for God's gift of life. Movement is good for the body and the soul!

## *6. Declutter your mind*

Inventory your thought life. Have you felt discouraged, stressed, or worried lately? Create a worry list and give it to the Lord in prayer. Try a brain dump. Set a time for 10 minutes and write down everything on your mind. Concerns, tasks, ideas, reminders, plans, goals. Ask God to help you de-clutter unnecessary worries or concerns from your thoughts.

## *7. Document your summer with a photo of the day*

Take a picture each day to document the little moments as well as the big events of summer days. Snapping a picture is a way of noticing details and appreciating blessings. Appreciating the moment reminds us to be grateful.

## *8. Drink plenty of water*

Water is good for the body and for the soul. Stay hydrated with plenty of water. Add citrus fruit, berries, cucumber or mint to water for a refreshing drink. Nourish your spirit with the living water of the Holy Spirit. Let drinking water be a reminder to seek the Holy Spirit during your day.

# *Simple Ways to Restore Your Soul*

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## *9. Enjoy simple pleasures*

Walk through the grass barefoot, wiggle your toes in the sand, or splash in the water. Rediscover the joy of Popsicles. Collect sea glass on the beach. These are a few ways to relish summer's simple joys.

## *10. Eat healthy*

Visit a farmer's market. Load up on fresh fruits and vegetables for healthy summer menus. Nourish your body with healthy eating. Purpose to try one new recipe each week to revitalize summer suppers.

## *11. Expect God*

Look for *God-moments* during your day. Ask God to help you be more aware of his presence this summer and then watch to see what he does. Cultivate the art of noticing blessings, thoughts, and circumstances that increase your awareness of God's presence this summer.

## *12. Experiment with Bible Journaling*

Add a fresh perspective to your time in God's word with Bible journaling. Focus on a verse or passage, adding color, design, drawing, calligraphy, stickers, or diagrams to your journal. As you add art to your journal, focus on each word as you create.

## *13. Finish a DIY project*

Take advantage of summer schedules to plan a fun DIY project. Plan and complete a project that you've been wanting to do.

# *Simple Ways to Restore Your Soul*

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## *14. Go stargazing*

Clear summer nights are a perfect time to go stargazing. Make time to search for shooting stars and marvel at the majesty of God's creation. The vastness of the night sky draws our attention to wonder of God.

## *15. Help a neighbor or friend in need*

Service is good for the soul. Focusing on the needs of others is an important aspect of soul care that is easy to overlook. Find simple ways to show others you care by sending a card, preparing a meal, offering to babysit, or help with lawn care.

## *16. Host a neighborhood potluck or game night*

Potluck meals are a great way to get to know your neighbors. Build community with a fun gathering this summer. When everyone brings a dish, entertaining is easy! For a different twist, host a game night with your favorite games.

## *17. Keep a gratitude journal*

Write down 3-5 things you are grateful for each day this summer. At the end of the summer you will have developed a new habit. Keep your gratitude journal in a visible place to remind you to list the blessings you discover each day. Get the **Grateful Moments Workbook** available on my freebie page for subscribers.

## *18. Listen to live music at an outdoor venue*

Summer concerts in the park or live music at a restaurant patio are a great way to enjoy summer nights. Look for concert listings in the local paper or online resources.



# *Simple Ways to Restore Your Soul*

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## *19. Make a new playlist of worship songs*

Use iTunes, Pandora, Spotify, or other music apps to discover new worship music to revitalize worship this summer. Make a playlist of your new favorites for many hours of soul-restoring listening pleasure.

## *20. Pack a picnic*

Pack a simple meal of summer foods. Head to the park or other outdoor spot for a fun meal. Don't forget to bring bug repellent if mosquitoes are a problem in your area.

## *21. Plan a date night*

Relaxed summer schedules are the perfect time to plan a special night out with your spouse. Try a new restaurant, attend a cultural event, or take a long walk. Purpose to enjoy time together this summer.

## *22. Practice meditating on Scripture*

Read a Bible passage slowly and prayerfully. Consider the meaning as you focus on the words. Ask God to show you new insights as you reflect on the passage.

## *23. Pray through the Psalms*

Read a Psalm each day, letting the verses inspire your prayer. Talk to God about what you read or let the words of the Psalmist guide your conversation with God.

# *Simple Ways to Restore Your Soul*

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## *24. Read a Christian book*

Refresh your spirit with a new devotional, Christian book, or Bible study this summer. Christian living, biography, or spiritual classics are great sources for new ideas and sacred truths for spiritual growth.

## *25. Reconnect with an old friend*

Summer travels can provide opportunities to visit out-of-town friends. Send a message or pick up the phone and reach out to a friend you haven't heard from in a while. Catch up with a good friend this summer.

## *26. Rediscover the joy of a great story*

Visit your local library or swap favorite books with a friend. Dig into a great novel or biography this summer. Plan a summer book club and enjoy discussing a great book with friends.

## *27. Rest*

Be purposeful about rest this summer. Keep the Sabbath. Take a nap in a hammock. Schedule an afternoon quiet time for kids. Simplify summer schedules to make time for rest.

## *28. Take a prayer walk or hike in the woods*

Incorporating exercise and prayer is a powerful way to replenish your soul and strengthen your body. Enjoy nature as you commune with God.

# *Simple Ways to Restore Your Soul*

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## *29. Unplug from technology*

Ditch the habit of checking your phone constantly. Turn off the TV and walk away from the computer. Less screen time opens more moments for other pursuits. Revitalize your spirit by taking some techno-breaks this summer. Set a techno-free time each day to make time for more soul-restoring activities.

## *30. Visit a museum*

Art and history museums inspire the soul. Plan an outing to a museum this summer to appreciate great art or remember the heroic events of the past.

## *31. Write thank you notes*

Give the gift of gratitude with a thank you note. Purchase or make cards to express your appreciation to others. With today's online communication, a hand-written note in the mail is a meaningful way to say thanks!

## *More ideas*

As you read through these activities, what other thoughts come to mind? This list is designed to get you started. Take a moment to jot down any ideas you'd like to incorporate into the coming weeks.

# Let's Get Started . . .

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CHOOSE 1-3 ACTIVITIES TO REFRESH YOUR BODY

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



CHOOSE 1-3 ACTIVITIES TO REFRESH YOUR SOUL

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Let's Get Started . . .



## CHOOSE A FEW ACTIVITIES TO REFRESH YOUR SPIRIT

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## CHOOSE A FEW ACTIVITIES TO REFRESH YOUR RELATIONSHIPS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# *Make this a great summer...*

Hope you enjoy this list of simple ways to refresh and recharge. Make the most of summer days. Build relationships and make memories. Inspire your spirit and be creative. Rest, explore, and discover. The choice is yours.

Entrust your moments to God and let him show you the best ways to experience your summer soul refresh! If you'd like more resources on intentional choices for living holy and whole, check out my book, ***Holy in the Moment: Simple Ways to Love God and Enjoy Your Life***. Available where books are sold. See my website for more information. Connect with me on social media and share your summer moments.

*Warmly,  
Ginger*

