The Big Three: Practices That Will Shape Your Life

Here's my witness: my life has been profoundly shaped by what I call *The Big Three.*

Yes, there are many spiritual practices. But these three have been the bedrock—the steady, grace-filled rhythms God has used to transform my life and my leadership.

1. Daily Worship

Every day begins with unhurried time alone with God. Call it what you will—daily worship, quiet time—at its core it's an intimate encounter with Christ. The Father speaks through His Word; I respond in prayer. It's communion. Holy, essential, life-anchoring communion.

2. Weekly Sabbath

One day each week (for me, Sunday) I intentionally receive God's gift of rest—not a burden He demands, but a blessing He extends. It's a day devoted to Him for renewal, relationships, reflection, and recentering. A day of *being* rather than doing. The measure is devotion, not production.

3. Monthly Solitude

Solitude is the intentional choice to step away from people and noise to be fully present with Christ for an extended time. Two words frame these moments: **enjoy** and **listen.**
Enjoy the stunning reality that the God of all creation *wants* to be with me.
Listen for His voice—His blessing, His guidance, His correction.

These are not checkboxes. They are soul-shaping practices—quiet spaces where God forms the inner life of a leader.

If you weave these three rhythms into your walk with Christ, I can promise you this: you will be transformed from the inside out.

More loving. More peaceful. More forgiving. More joyful.

And the people entrusted to your care?
They will notice.
They will give thanks.
Because everyone's life gets better when a leader's life gets stronger.

Chuck Olson
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Lead With Your Life