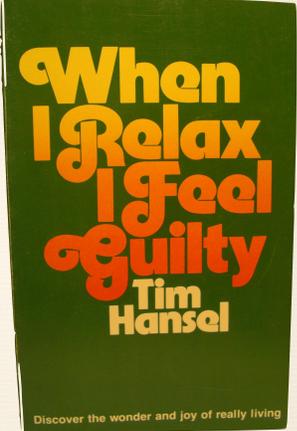
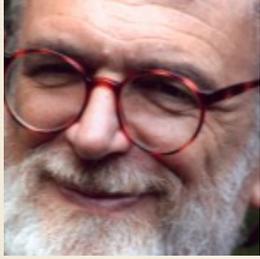




“Pain is inevitable, but misery is optional. We cannot avoid pain, but we can avoid joy.”



Discover the wonder and joy of really living



“Puritans, are people who have a deep, foreboding fear that somebody, somewhere, might be having a good time.”

H.L. Mencken



“...vainly aspiring to imitate the perfection of the angels, our Christian predecessors disdained, or they affected to disdain, every earthly and corporeal delight.”

Edward Gibbon
The Decline and Fall of the Roman Empire

The Bible warns us about Leisure.

Slothfulness
Proverbs 12:24
“The hand of the diligent will rule, while the slothful will be put to forced labor.”

Sluggard
Proverbs 6:6
“God to the ant, O sluggard; consider her ways, and be wise.”

Busybody
2 Thessalonians 3:10
“if anyone is not willing to work, then he is not to eat either.”

Bearing no fruit
John 15:2
“Every branch in Me that does not bear fruit, He takes away.”

For too many Christians

Work has a sacred role.

Leisure and Worship are an interruption.

We tend to Worship at Work Work at Play and Play at Worship



Pablo Picasso

“It is your work in life that is the ultimate seduction.”

Balancing R&R, R&D, and GNP.

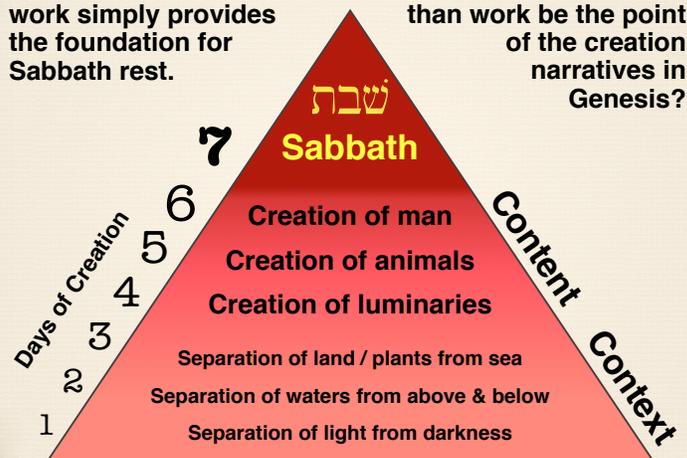
How should a Christian view Leisure and Recreation?

Did Jesus ever have any fun, take a vacation, or just kill some time?

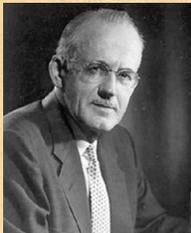
Does the N.T. ever address the need for or value of “leisure”?

Some Jews believed that work simply provides the foundation for Sabbath rest.

Could the Sabbath rather than work be the point of the creation narratives in Genesis?



A.W. Tozer



“We take a new convert and immediately make a worker out of him. God meant that a convert should learn to be a worshipper, and after that he can learn to be a worker.”

Maslow’s hierarchy of human needs may mirror the importance of Sabbath Rest and what it means to be human.

Abraham Maslow



Transcendence

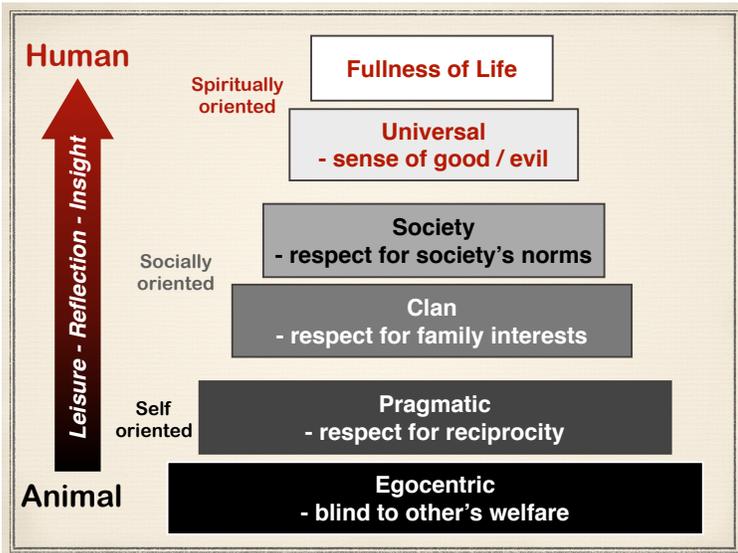
Self actualization
- Cognitive / Aesthetic

Esteem needs
- respect from others

Belonging needs
- social security

Safety needs
- security for the future

Biological needs
- food & shelter



Leisure enables us to realize our humanity.

"It is only when we take the time to lift our noses from the grindstone and are not busy with the getting, making and doing that ensures our survival, that flights of imagination, bursts of insight can lead to inventions like the wheel, art, philosophy, literature, scientific discoveries and innovation."

Brigid Schulte
"Overwhelmed: Work, Love and Play when No One has the Time"
(not to mention healthy family relationships)

Leisure is vital to effective labor.

- ✓ Henry Ford moved to a 40 hr work week (down from 60+hr) because it improved productivity.
- ✓ European workers are more productive than American workers and they have (in France) mandatory 30 day paid vacations per year.
- ✓ Leonardo da Vinci regularly took off from painting for several hours at a time and seemed to be daydreaming aimlessly sitting, "The greatest geniuses sometimes accomplish more when they work less." *Tony Schwartz, "Be Excellent at Anything"*
- ✓ Bertrand Russell heralded a coming time when modern technology would bring shorter work hours and time for leisure to be enjoyed equally by everyone. *"In Praise of Idleness"*

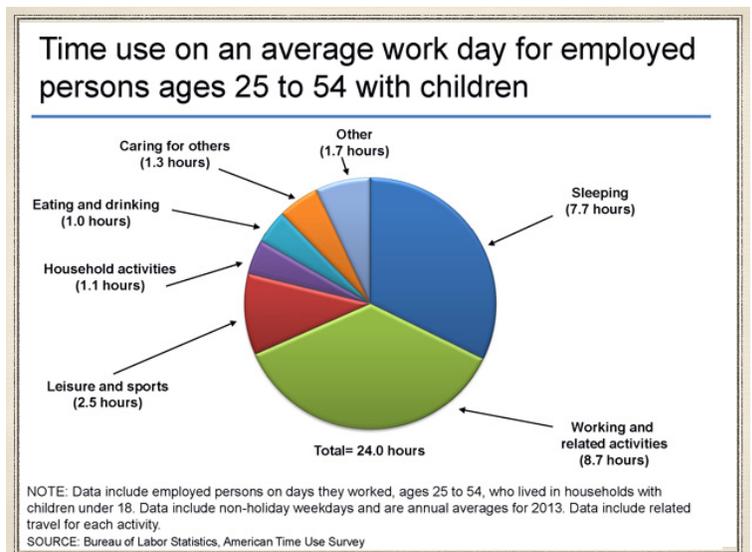
"Modern Western culture has lost an appreciation of the importance of leisure (time to reflect and imagine)."

Why has this happened?

Leisure plays a different role in Traditional & Industrial cultures.

Traditional cultures do not separate labor and leisure as do **Industrial cultures.**

The Bible was written from the context of traditional culture.



Traditional cultures

Unified activity

Leisure is integrated into life

Relationships dominate

Cooperation is cherished

Community is valued

Technological cultures

Compartmentalized activity

Leisure is set aside from work

Productivity dominates

Competition is king

Individuality is celebrated



The Bible hints at the importance of Leisure.

Celebration

Psalm 118:24

“This is the day that the Lord has made; let us rejoice and be glad in it.”

Reflection

Matthew 6:28

“Observe how the lilies of the field grow;”

Thankfulness

1 Thessalonians 5:18

“in everything give thanks; for this is God’s will for you.”

Joy

Romans 14:17

“for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.”

Play

Ecclesiastes 3:4

“a time to mourn, and a time to dance (or play)”.
the Hebrew word for dance is also the Hebrew word for play.

Rest

Mark 6:31

“Come away by yourselves to a secluded place and rest a while”

Relaxation

Luke 7:34

“the Son of Man has come eating and drinking”

Fun

Jesus turned water into wine (John 2: 1-2)

Sports

1 Corinthians 9:24-25

“Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.” (2 Tim.2:5, Phil.3:14, Heb.12:1)

1 Timothy 4:8

“For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.”

Competition is good

but only when linked to
**cooperation &
compassion.**

The spiritual virtue in sports

- Sports can provide object lessons of life.
- Sports can teach us discipline, cooperation, respect, compassion, patience, etc.
- Sports can be a universal language of communication.
- Sports can break down social barriers.

The spiritual danger in sports

- Sports can become an object of worship.
- Sports can become war.
- Sports can have a messianic role in life.
- Sports can seduce us - money, fame, power.
- Sports can celebrate violence.

Christian Sportsman

- ✓ See sports as a celebration of life's gifts. Not as an affirmation of personal superiority.
 - Sport is a game not war.
 - Disrespect for rules of engagement is serious.
 - Winners are celebrated by both sides.
 - Losers are empathized with by both sides.
 - Best possible performance should be the goal.
 - Celebrate the winners, empathize with the losers, cooperate with the rules.
- ✓ Sports may not harm your soul but money, pride, fame, and cut throat competition may.

Meditation and Leisure

Ephesians 5:15-20

"¹⁵ Therefore be careful how you walk, not as unwise men, but as wise, ¹⁶ making the most of your time, because the days are evil. ¹⁷ So then do not be foolish, but understand what the will of the Lord is. ¹⁸ And do not get drunk with wine, for that is dissipation, but **be filled (with, by, or in) the Spirit**, ¹⁹ speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord; ²⁰ always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father;"

Colossians 3:16

"**Let the word of Christ richly dwell within you**, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God."

Christian Meditation (CM)

- ✓ CM is not the same as Eastern Mysticism - clearing and dismissing the mind to contact the "god within."
- ✓ CM is quieting the mind with respect to the world's noise and focusing attention on the grace and truth of the Gospel of Christ.
 - It does not need a place, mood, or props.
 - It is a discipline that can be developed.
 - It does not bring special revelation but rather spiritual clarification.
 - It often reminds, prompts, convicts, or guides us.



C.S. Lewis

"We live, in fact, in a world starved for solitude, silence, and privacy: and therefore starved for meditation and true friendship."

The Weight of Glory

No Man is an Island by Thomas Merton

4. Pure intentions

1. My calling is not just to do the will of God but to be in intimate communion with Him.
Too often I can reduce my relationship with God to obedience.
2. God's will is a path where I meet Him but only as I sense that He is meeting me there.
Too often I divorce my communion with God from walking in obedience.

Journal

Wednesday Jan. 16

Thanksgiving	Naoshi's consistent discipline of twins
Insight (Bible)	God will bring justice to those who abuse His people
Insight (Other)	Life without Biblical revelation = self worship
Good word	Ron H. note
Challenge	Physical exercise daily