

Introduction:

What is the essential question about leisure?

Arnold Toynbee, the English historian, was interviewed and asked, “*Would the abolition of poverty ensure that America’s civilization would continue to grow and be dynamic?*” “No,” he replied. “*There is more to it than that in the age of automation. I think the essential question is what Americans do with their leisure.*”

Key Point: Essential to our winning life is what we do with our leisure.

Text: Exodus 20:8-10; Mark 6:31 KJV

1. What is leisure?

- a. Webster’s definition: “ **Freedom** from the demands of work or duty.”
- b. J. K. Chesterton’s more rounded definition:
 - * Freedom to do **something**
 - * Freedom to do **anything**
 - * Freedom to do **nothing**

2. Pertinent questions about leisure:

- a. Does **God** approve leisurely rest from work?
 - * Yes! Actually, God **commanded** it (Exodus 20:8-10).
 - * Jesus **endorsed** it (Mark 6:31 KJV)
- b. How can we **turn** our leisure into worship?
 - * Debra Farrington said:
 - * Josef Pieper wrote:

Practical Guidelines to Deepen our Experience of Leisure

1. Watch your own present leisure **style**.
2. Choose free time over extra **pay**.
3. Embrace both leisure and **Sabbath**.
4. Choose **edifying** leisure, not debilitating “pleasures.”

5. Choose leisure that expresses family **values** and make them a matter of family education.
6. Discover **solitary** leisure activities (or inactivities) that are personally restorative.

Conclusion:

TABLETALK STARTERS

(For family devotions and Life Groups)

Read: Exodus 20:8-10; Mark 6:31 (KJV)

1. What should we do with our leisure, according to these texts?
2. A more rounded definition of leisure than Webster’s “*freedom from the demands of work or duty,*” given by J. K. Chesterton includes:
 - a. Freedom to do something you like to do. Give examples.
 - b. Freedom to do anything with no set plans. Give examples.
 - c. Freedom to do nothing which needs a good theology of work and rest, which takes you back to Exodus 20:8-10; Mark 8:31. Give examples.
3. How can we turn our leisure into worship? Discuss and apply these two quotes.
 - a. “*All of our leisure activities—our hobbies, the things we do to relax and to express our creativity—can be sacred times, times to remember and enjoy the presence of God and to be grateful for our gifts.*” (Debra Farrington)
 - b. “*Leisure is an attitude of mind and condition of the soul that fosters the capacity to perceive the reality of the world.... In our Western world, total labor has vanquished leisure. Unless we regain the art of silence and insight, the ability for nonactivity, unless we substitute true leisure for our hectic amusements, we will destroy our culture and ourselves. Culture depends for its very existence on leisure. And leisure, in its turn, is not possible unless it has a durable, living link with divine worship.*” (Josef Pieper)
4. Discuss and apply Points 2 to 5 under Practical Guidelines in our bulletin sermon outline.

PRAY!