

THE POWER

of Play and Leisure

Group Questions

1. What struck you from this week's episode?
2. How do you understand 'play'—as a waste of time, unnecessary, frivolous, or as a sign of trust, surrender, and dependence?
3. What are small acts of play, rest, and leisure that you enjoy? What are some new ways to incorporate play and leisure that God delights in into your life?

Lectio Divina

“Truly I tell you,’ He said, ‘unless you change and become like little children, you will never enter the kingdom of heaven.’” - Matthew 18:3

Journal Questions

1. What is the history of play in your life? Reflect on what, when, and how you played as a child. When did you stop playing and why? How might God want to reclaim and redeem play in your life as an adult?
2. How might you need to replace efficiency, busyness, and work of being an adult with the joy and delight of being child-like? How does the Father delight in you as you play?

Quote to Ponder

“The true object of all human life is play. Earth is a task garden; heaven is a playground.” - G.K. Chesterton