

Recreational Rest

Recreation - Any activity that is enjoyable that _____ and _____ the spirit.

1. Recreation needs to be something that **you** _____.

What are some things YOU enjoy for recreation? Write it all out below:

Recreation helps you to _____.

If we don't choose recreational rest, our _____ will choose for us.

Psalm 23 - "He _____ us lie down in green pastures."

When you read that one verse in Psalm 23, does that make you afraid of the measures God may take to help us come to point of rest, or does that make you feel deeply loved and cared for? Be honest with your feelings about this...it's ok.

2. _____ your recreational rest - no one will do it for you.

3. _____ you hang out with matters ... if it's truly going to be recreational (enjoyable for YOU).

4. Make a list of *every* responsibility in all areas of your life - write it all out:

WORK

HOME

FAMILY

COMMITMENTS

PHYSICAL CARE

SCHOOL

FRIENDS

COMMUNITY

"Set your minds on things above, not on earthly things," Colossians 3:2

Where do YOU belong in your list?

Grace is never in a rush. We may want it to hurry along with us, but God's grace will never rush.