

# GLAD TIDINGS

“And we bring you good tidings of the promise made unto the fathers...” (Acts 13:32)

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## RECREATION

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**T**he word “recreation” means “to revive or refresh, especially after toil or exertion, by some form of play, amusement, or relaxation; to reanimate, as languid spirits or exhausted strength; to amuse, to divert; to gratify.”

While it is good for man to work and exert his energy in constructive activity, it is also important for man to rest and revive himself for future activity. We cannot keep working constantly over a period of time without rest and expect to remain healthy or productive. God, who needs no rest, rested on the seventh day of creation providing an example for his people of the Old Testament to follow: “Six days shalt thou labor, and do all thy work; but the seventh is a sabbath unto Jehovah thy God: in it thou shalt not do any work...for in six days Jehovah made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore Jehovah blessed the sabbath day, and hallowed it” (Exodus 20:9-11).

We are not under this covenant today (Colossians 2:14-16), but can observe that rest from labor is important to our God and

good for our well-being.

The Bible recognizes the need for bodily refreshment in other contexts. Jesus encouraged the apostles to go “apart” from the crowd into a desert place to “rest a while”. They had been involved in their work having no time for “leisure”- not time even to eat (Mark 6:31). The Greek word EUKAIREO, translated “leisure” literally means “EU- well and KAIROS- a time or season. Jesus recognizes that while in the physical body there is a season or time for relaxation and bodily refreshment.

King Saul sent for David who “took the harp, and played with his hand; so Saul was refreshed, and was well, and the evil spirit left him” (1 Samuel 16:23). Music, skillfully played by David, was the antidote for the evil spirit that had come from Jehovah upon Saul to trouble him. Upon hearing the music, Saul was refreshed and well.

There is a time or season for relaxation and recreation in our lives. Listening to good music can calm and soothe our spirits. It is good, after an extended period of

time of work, to kick back and relax, refurbishing our bodies and diverting our minds.

While recreation has a place in our lives, we must be careful to not allow “pleasure” to become our “god”. For it is indeed a ‘grievous: time when “the love of pleasure” has replaced “the love of God” in our lives (2 Timothy 3:1,4). Such out-of-balanced-life is manifested when we will attend a ball game and consequently miss a worship service with the saints.

While the Lord has not specified the form recreation should take in our lives, we do have principles from God as to the character of things that should fill our minds and lives. Our minds should be occupied, even during times of recreation, by things *honorable, just, pure, lovely, of a good report, virtuous, and worthy of praise* (Philippians 4:8). We should never participate in recreational activities that will detract from our influence as Christians (cf. Matthew 5:16) for there is never a “down-time” from our influence.