

Gathering Question: What was your all time favorite vacation? What make it so special and good?

Enjoy!

I don't know what kinds of images your mind brings up when you hear the word holiness. Maybe it is a pinch-faced person who looks like he is wearing shoes about 3 sizes too little for him. He is miserable but he is determined to be holy. Or maybe it is the image of a somber monk who is totally disconnected from life and any joy in life at all, who ponders great theological questions continually.

In our world and culture those who truly enjoy life, who find time for themselves and others and even time for relaxation and leisure are often not praised but may be looked down upon a bit. Many have cultivated such an unrealistic standard of high-level achievement that an almost neurotic compulsion to perform, to produce, to accomplish the maximum is now the rule instead of the exception. Workaholics are sometimes the heroes. And we bring that same frenzy into the church.

Is it true that fatigue is next to godliness? Is it really true that the more exhausted we are (and look!) the more spiritual we are? You would be hard pressed to find that in Scripture. Instead of imitating workaholics, we should be imitating God. "Be imitators of God, therefore, as dearly loved children." (Ephesians 5:1). To imitate God means to mimic him. Imitating God should be a daily habit for us. It requires among other things to come to terms with the deep value of quietness. God requires that we are still so that we can know who he is (Psalm 46:10). And a part of the being still is leisure time.

Leisure time is more than idle time. It is free activity. In leisure we do what we like to do and not what we have to do. In leisure our minds are liberated from the immediate and the necessary.

One good place to find some guidelines for enjoying life as we should is the example we see in God in the first two chapters of Genesis. The first thing that is obvious in these initial chapters is that God creates. If you are going to be like God are you taking time to create? All humans have within them some measure of creativity. Whether is it a craft you are good at doing or writing music or novels, or building furniture or writing poetry; creating is a freeing experience.

God also rested. After 6 days of creating, God stopped all his creating and rested. If we are going to be like God we will learn the value of rest also.

Read: Genesis 1 – 2.

Reflect:

1. Read Genesis chapters 1 and 2 and see if you can find other guidelines in God's actions that will help you enjoy life.
2. What one change could you make in your life this year that would make it more enjoyable?