

## **Sabbath Spiritual Practice**

### **June 24-30**

This week's quote refers back to a story from the very early church. People were scandalized to find the Apostle John playing with his followers. John responded by asking one who was carrying a bow to draw an arrow. After doing this several times, John asked if he could keep doing this without stopping. The person said they could not because the bow would break. John used this to explain that the human mind will also break under constant tension.

Play is an expression of freedom, a chosen activity engaged in for its own sake and not the means to an end. Play focuses us on the process of what we are doing. It is not passive like entertainment which merely diverts us from the tension of daily living. Play engages our body, mind, and spirit in something which brings us joy. Play, therefore, will not look the same to all individuals. You may choose to perfect your backflip into the water or indulge in an adult coloring book and a new set of markers. Each of you will have to choose your own playful spiritual practice for the week.

We can play secure in the knowledge that God is in charge of the world and we are not. It frees us from the false idea that we are indispensable and things will fall apart if we take time away from serious matters to play by ourselves or with our families.

Tilden Edwards says, "Playful mind is child's mind ... but it is harder mind for adults who have that derogatory saying 'mere child's play' — something too easy and simple to be bothered with." Your children will get it. Ask the children the same thing you did five weeks ago: what would they want to do if they had a playdate with God? Let their choice inform yours.