

FINDING BALANCE

LEISURE

How do you define leisure?

Before the pandemic, what did your leisure time look like? What does your leisure time look like now? Is there a practice or a pattern that you would like to maintain from this time?

Is there a balance between work and leisure in your life?

If leisure can be thought of as both play and rest, is there a balance between play and rest in your leisure time?

What does play (that done for no purpose other than the "release and recapture of energy") look like for you? What does rest look like for you?

If "holy leisure" gives us time to contemplate meaning in our lives and equips us to act out of an awareness of what the "Jesus-life" asks of us, do you have time for "holy leisure" in your life? Where might you find it?

What might the "Jesus-life" be calling you to do?

What does practicing Sabbath mean to you?

What are ways that you can practice Sabbath?

