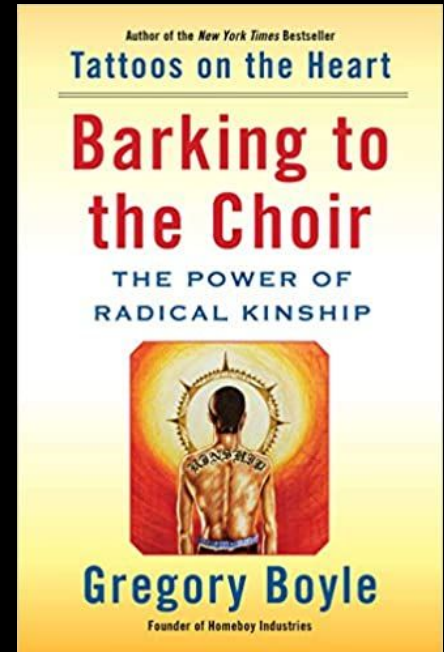


Some people say,
“God is good, and God has a plan for
you.”

I believe that God is good but also
that

**God is too busy loving me to
have a plan for me.**

Father Greg Boyle, 22





For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.

Jeremiah 29:11

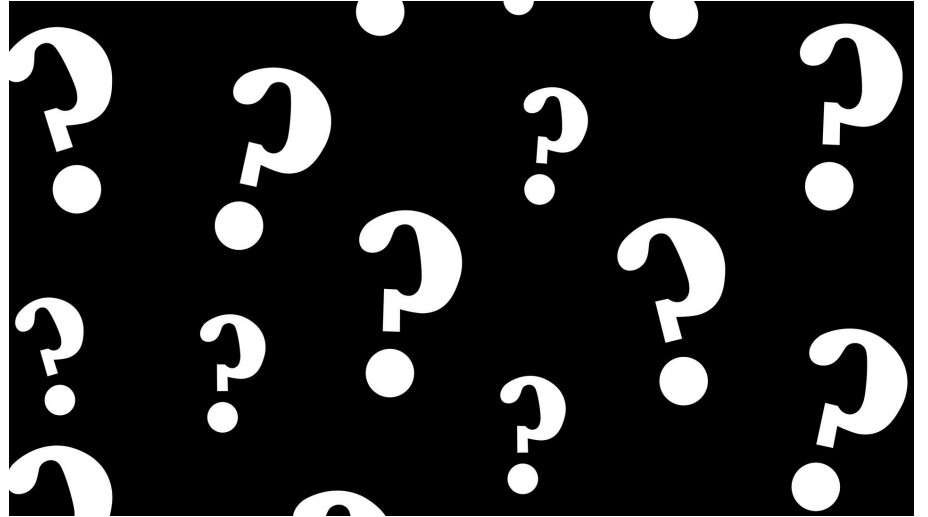
Thought-Provoking because We Worry About:

Am I making the Right Decision?
(anxiety-inducing)

Is God pleased with me?
(any other people-pleasers here?)

Is this what I SHOULD be doing?
(obligation/duty become drivers)

I become so FUTURE-oriented...
and not very PRESENT.



Teach Me to Recapture

PLAY

**Prayerfully,
Purposefully**

Why PLAY is worth Recapturing:

- 1) Play MIMICS Real Life
- 2) Play CAN Be Productive, But it Doesn't HAVE to Be
- 3) You can't just talk philosophically about "Leisure" - you have to actually PLAY.
- 4) PLAY gives us New ROLES that GROW our Relationships
- 5) PLAY can REVEAL our SIGNATURE (not necessarily a bad thing)
- 6) PLAY PREPARES us for CHALLENGE and RISK



PLAY

Mimics

Real Life

(we relinquish control, our outcomes
unknown, okay to lose)

What's the connection to our life with God?

9 “Take two onyx stones and engrave on them the names of the sons of Israel **10** in the order of their birth—six names on one stone and the remaining six on the other.

15 “Fashion a breastpiece for making decisions—the work of skilled hands. Make it like the ephod: of gold, and of blue, purple and scarlet yarn, and of finely twisted linen.

29 “**Whenever Aaron enters the Holy Place, he will bear the names of the sons of Israel over his heart on the breastpiece of decision as a continuing memorial before the Lord. 30 Also put the Urim and the Thummim in the breastpiece, so they may be over Aaron’s heart whenever he enters the presence of the Lord. Thus Aaron will always bear the means of making decisions for the Israelites over his heart before the Lord.**

Exodus 28

What is the purpose of the Urim and Thummim?



Most scholars suspect that the stones were used to answer a question or reveal the will of God.



Even in a world where random chance seems to dominate, God is in control

Leviticus 8:8, Urim and the Thummim



Leviticus 8:8 He then placed the breastpiece on him, and in the breastpiece he put the Urim and the Thummim.



<https://vimeo.com/145749008>

You are likely facing something right now
that is BEYOND YOUR CONTROL.

Can you trust that God is ultimately IN
CONTROL and He is DIRECTING you?



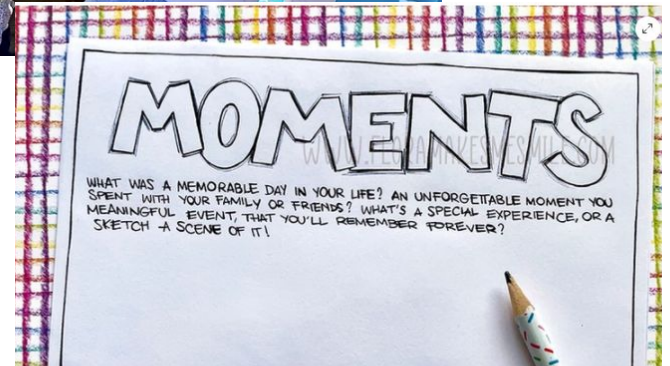


PLAY

CAN be productive -
But it doesn't have to be!

PLAY shows up in the Bible 34 times --
31 of those times in the context of
playing musical instruments.

Tell Quick Story of the Lady who Gave Us a Keyboard... And my kids
ROCKING out. By "PLAYING" it
Could Dave stitch these together?



You can't just talk
philosophically
about "Leisure"...



You have to actually **PLAY**.







FAMILY PORTRAIT





PLAY

Gives us New Roles that
Grow our Relationships







What's the connection to our
life with God?



23 Then Abraham approached him and said: “Will you sweep away the righteous with the wicked? **24** What if there are fifty righteous people in the city? Will you really sweep it away and not spare the place for the sake of the fifty righteous people in it? **25** ...Far be it from you! Will not the Judge of all the earth do right?”

50...45...40...30...20...10

He answered, “For the sake of ten, I will not destroy it.”

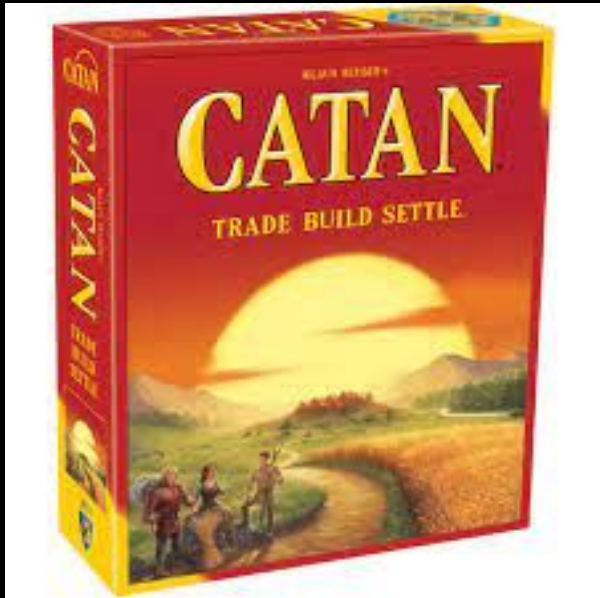
Genesis 18



God **Longs** to DIALOGUE with Us: Immanuel Prayer Journaling



Explore a **NEW** way to interact with God that **GROWS** your intimacy with Him.



PLAY

Can reveal
our SIN NATURE
(not necessarily a bad thing)

15 I do not understand what I do. For what I want to do I do not do, but what I hate I do. ...

18 For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.

22 For in my inner being I delight in God's law; **23** but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me.

24 What a wretched man I am! Who will rescue me from this body that is subject to death? **25** Thanks be to God, who delivers me through Jesus Christ our Lord!

Romans 7

God cares more about who you are **BECOMING** than what you're **DOING**



Characters Set



Eph 2:10 For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.



PLAY

PREPARES us for
Challenge and

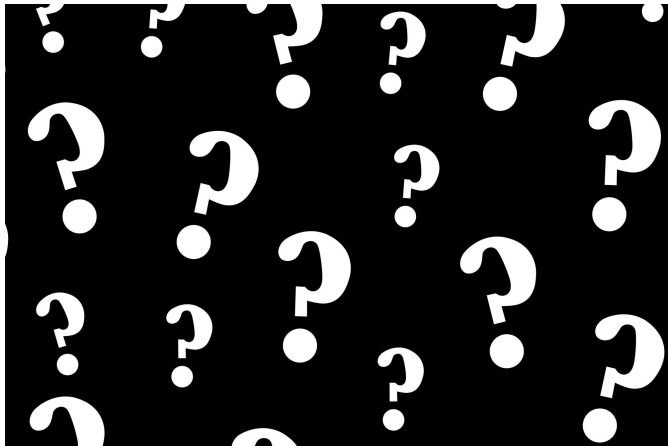


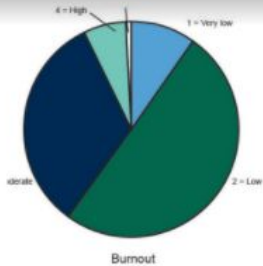


**⁸ The nursing child shall
PLAY over the hole of the
cobra,**

**and the weaned child
shall put his hand on the
adder's den.**

Isaiah 11



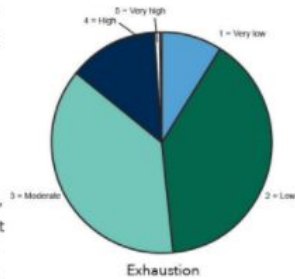


of burnout, we emphasize again that it is hard for most people to detect burnout in themselves. People tend to explain it away as, for example,

just being busy, so these numbers might underestimate the real level of burnout in at least some pastors. For pastors with higher scores, burnout is one of the most detrimental factors to their overall level of flourishing. Burnout seems to be an insidious factor: it sneaks up on us, quietly tearing away at our well-being. It remains a top concern in our work. Job stress, which is a major contributor to burnout, appears to be somewhat high. The average level was 3.4 out of 5 -- a moderately high level -- with most pastors rating stress at a level of 3 or higher.

We also measured the extent to which pastors participate in *recovery experiences* which are activities that research suggests might alleviate burnout, reduce fatigue, and

Relaxation may result from deliberately chosen activities, or it can result from good, restful sleep. Research suggests that we need to detach and relax on most work days to help us overcome stressors and to maintain our well-being. In situations where burnout, fatigue, or stress are particularly high, daily recovery experiences are even more important to avoid more serious negative outcomes. Among pastors in our study, the average frequency of detachment and relaxation several times a week. These are moderately levels, and suggest that pastors experience detachment and relaxation on about every-other work day. We have found that pastors who are able to detach and relax on four or more days a week tended to have higher levels of flourishing, and so that frequency seems like a good goal for pastors to strive towards.



Flourishing in Ministry

Emerging Research Insights on the Well-Being of Pastors





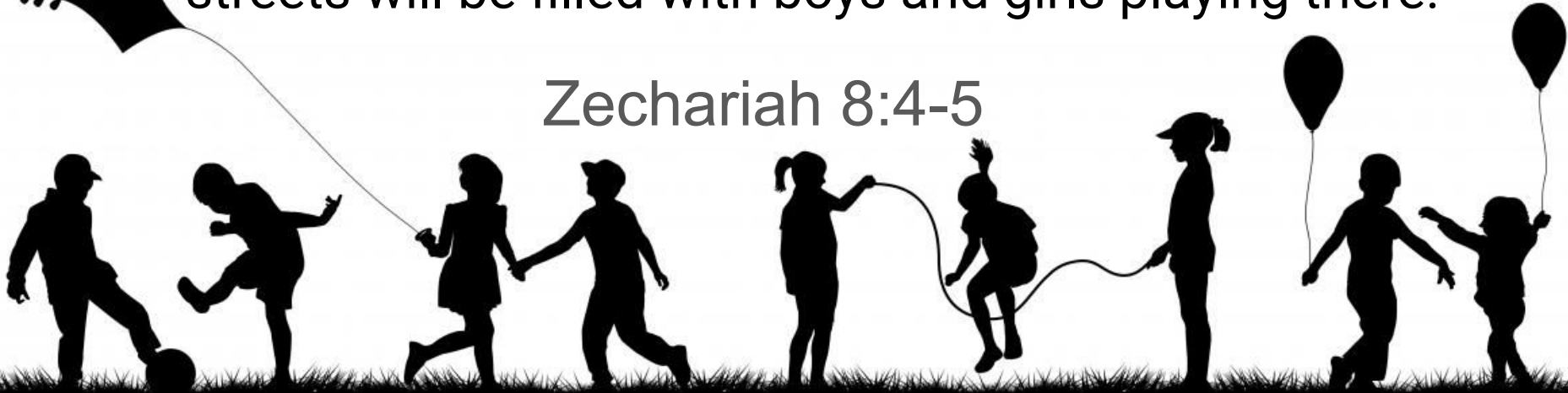
Now It's
Your Turn...

PLAY



4 This is what the Lord Almighty says: “Once again men and women of ripe old age will sit in the streets of Jerusalem, each of them with cane in hand because of their age. 5 The city streets will be filled with boys and girls playing there.”

Zechariah 8:4-5



How do you begin? Simply BEGIN.

1) SET ASIDE TIME to

**Renew your commitment to
SABBATH-KEEPING and REST if
necessary.**

**(Dave Koide: make a budget for vacation --
then go!).**

PLAY



**2) Ask God to show you
what would bring JOY
and PEACE**

Be OPEN

**May this be a *deeply
soul-enriching endeavor*
where God REVEALS
Himself to you!**



Prayerfully



3) Team up with others

Codewords!

Art at Bowers Park, Tue 4:30 - 6.

**YA/Youth Worship Team: 3
pianos/keyboards at
Teng-Hensons**

**OR do it alone if that's what
you crave (needlepoint)**

Purposefully

**Prayerfully,
Purposefully
PLAY**