

**Sharing Stories • RESONANCE**  
**“On Leisure”**

Questions for Reflection & Discussion:

1. What is Christian leisure, and how is it different from normal leisure?
  
2. Why is Christian leisure time important?
  
3. What is sabbath and why is it important?
  
4. Discuss the four sabbath qualities of rest, freedom, worship, and resistance. Which qualities resonate with you the most and why?
  
5. What is play and how can it be spiritual?
  
6. Why is play important?
  
7. Discuss Dr. Oladipo’s story of the three soccer players on the soccer field. Which soccer player are you?
  
8. How can we better integrate leisure into our lives?

### Disciplines for Practice:

#### 1. Intentionality

*Add your leisure time to your calendar. Intentionally block off time for leisure. Make it so that leisure time holds equal importance to the other activities present on your calendar.*

#### 2. Practice Flexibility

*Make room for random and unplanned encounters or promptings of the Holy Spirit, even and especially if those encounters don't have any sort of tangible benefit.*

#### 3. Break Your Routine

*Break out of your normal routine and add new leisure experiences. Try not to post about these experiences—simply be present in those experiences without any other goals.*

#### 4. Follow Through

*Don't sacrifice your times of leisure for things that seem more important at the time. Christian leisure plays an important part in your ability to worship and your relationship with Christ.*

### Bible Passages to Consider:

1. [Deuteronomy 5:12-15](#)
2. [Exodus 20:8-11](#)
3. [Genesis 2:2-3](#)
4. [Hebrews 4:1-11](#)
5. [Mark 2:27-28](#)
6. [Ecclesiastes 5:18-20](#)
7. [Proverbs 17:22](#)
8. [2 Samuel 6:14-22](#)
9. [Psalm 95](#)

### Additional Resources to Consider:

1. *Embracing Rhythms of Work and Rest: From Sabbath to Sabbatical and Back Again* by Ruth Haley Barton
2. *Sabbath Time: Understanding and Practice for Contemporary Christians* by Tilden Edwards
3. *Leisure and Spirituality: Biblical, Historical, and Contemporary Perspectives* by Paul Heintzman
4. *The Christian at Play* by Robert K. Johnston
5. *Leisure: The Basis of Culture including The Philosophical Act* by Josef Pieper

6. *Living the Sabbath: Discovering the Rhythms of Rest and Delight* by Norman Wirzba
7. *Sabbath as Resistance: Saying No to the Culture of Now* by Walter Brueggemann
8. *French by Heart & The Holy Eclair* by Rebecca Ramsey
9. *A Day of Rest* by Marilyn Lands
10. *Sabbath* by Dan B. Allender
11. *Sabbath* by Wayne Muller