

Messenger of Truth

"Holding forth the Word of Life" (Phil. 2:16)

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Leisure

"If you want to get a true estimate of a man, observe what he does when he has nothing to do."
– Anonymous

"The real problem of your leisure is to keep other people from using it." – Anonymous

"Half our life is spent trying to find something to do with the time we have rushed through life trying to save." – Will Rogers, *Autobiography*, Ch. 15

"Pray thee, spare thyself at times: for it becomes a wise man sometimes to relax the high pressure of his attention to work." – Thomas Aquinas

"It is well to lie fallow for a while." – Martin Tupper, *Proverbial Philosophy*, "Of Recreation"

Why is it that we tend to feel guilty when we are not actively doing the Lord's will? Perhaps we hear the Lord's words in the recesses of our mind, "I must work the works of Him who sent Me while it is day; the night is coming when no one can work" (John 9:4). "For even when we were with you, we commanded you this: If anyone will not work, neither shall he eat: (2 Thess. 3:10).

Why do we struggle with leisure or relaxation? Yes, the Lord did say, "Go into all the world and preach the gospel to every creature" (Mark 16:15). But He did not mean for you to do it alone. Without leisure and relaxation, you may well find that you are not going to be very productive in even carrying out a small portion of the plan.

A careful study of Scripture makes us aware that even the Lord took time apart from the constant pressures of the world. "And He said to them, 'Come aside by yourselves to a deserted place and rest for a while.' For there were many coming and going, and they did not even have time to eat. So they departed to a deserted place in the boat by themselves" (Mark 6:31-32). "And when He had sent them away. He departed to the mountain to pray. Now when evening came, the boat was in the middle of the sea; and He was alone on the land" (Mark 6:46-47).

Obviously, some leisure and recreation at times can do us some good. For some folks it may be a little time in a garden or flower bed, for others playing a musical instrument, or even a little recreation in some type of sporting event. Even going for a walk can help one to think and have time to meditate and pray and gain strength.

Taking a little time for leisure and recreation is certainly not a sin.