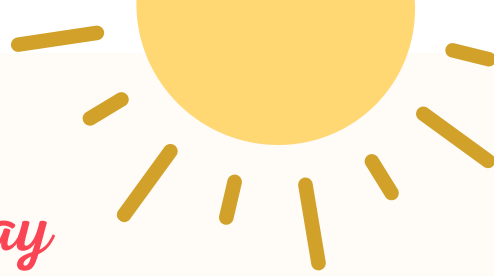


# The Spiritual Practice of Play



## HOMILY

*"I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you . . . ."*

— Ephesians 1:18

This is a passage related to spiritual sight and awareness. However, as adults our spiritual sight and awareness can become impaired because of the role and responsibilities we have in life.

### A spiritual practice that can renew and open the eyes of our heart is PLAY!

- Are you a "play first, work later" person or a "work first, play later" person?
- Do you find it easy or more challenging to play?

When we think about play, we think about children. They are such a gift to us because they embody play.

*"Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs."* Mark 10:14



**Paraphrase:** Don't stop children from coming to me, they are actually the ones who are in touch with the spiritual realities of this world. They get it. And, if you don't become like them, you will have difficulty understanding the spiritual realities I am talking about! (Read Matthew 18:3 and Luke 18:17)

## DISCUSS

- What are some childlike characteristics that might be valuable in our relationship with Jesus/God?
- What gets in the way of these things?

## PERSONAL REFLECTION

- What brings you a smile, joy, or laughter?
- What does "play" look like for you in this season?
- Is there a childlike characteristic that stands out to you? Why?

## HAVE A "PLAYDATE" WITH GOD

**Some Ideas:** Go to the beach and make a sandcastle, go swimming or boogie boarding, or lay in the sand and look at the clouds. Go outside and skip, blow bubbles, collect treasures in nature, or wander aimlessly and look for something that "wow's" you. Go to 7-11 and have a slurpee, dance in your home, or do something else that comes to mind!

## PAIR AND SHARE

- How was that time for you?
- What did you notice?

*"Have we dismissed the child within us and lost the joy of life and the delight in God that emerges when we play and laugh and marvel at the world around us?"*

— Christine Aroney-Sine

*"Play is an expression of God's presence in the world . . . ."*

— Mike Yaconelli

