



Play can be a spiritual discipline. It certainly was for me. As a young adult I lost my ability to play. Consumed with my to-do list, performance value mentality, desire to be seen as mature and responsible - I stopped playing. Everything was serious business. Even “play” had to be productive. Then God whispered, “I want you to laugh.” And He started teaching me to play - to laugh easily, smile often, play silly games with children, and delight in the good things of life He had given me. I had to be disciplined to learn to play, it wasn’t a natural habit. Jesus even taught me to play with Him. To go on a walk and name the lizards that scurry by, to play pretend tennis together, swing on a swing set together, give Him a piggy-back ride, or dance on the beach together. And my love for Jesus grew.

Friendship with Jesus is foundational to life with God. It is in the intimate moments of friendship with Jesus, including play, that we learn to give our whole hearts to Him. We learn with our lives that there is more to faith than just believing He exists. There is SOOOOOO much more. There is real life, abundant life, eternal life, everyday life with Jesus who can hold every part of our lives with us. The Spiritual Practice of Play opens us up to a fuller kind of relationship with Jesus. And it helps us not take ourselves too seriously.

**“Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it.” - Jesus (Mark 10:14-15)**

## **IDEAS FOR PRACTICING PLAY**

### **Play in Community**

**Play in nature together.** Go on a walk, hike, bike ride - but this time, delight. Delight in what you see and hear, skip, wonder, and laugh a ton.

**Play games.** Grab the Settlers of Catan, the Cards, or Telestrations and delight! Laugh, don’t take yourself too seriously. Enjoy your friends and be wholesomely silly.

**Play sports.** Grab a frisbee, a ball of any sort, maybe some racquets, and play. Delight in the use of your body. And again laugh! And don’t take yourself or winning too seriously. The point is not to dominate, but to play.

**Play arts and crafts.** Gather some friends and have a favorite arts and crafts day. Make funny things, beautiful things. Not to sell, or be productive, but to enjoy creating.

**Play with food.** Make a new meal or dish. Or really just play with your food - sculpt a boat from the leftovers on everyone’s plate!

*Invitation from*  
**HANNAH  
PARMELEE**



**spiritual  
practice  
of play**

## **IDEAS FOR PRACTICING PLAY**

### **Play with Jesus**

Go on a walk and talk with Jesus as you would a hiking buddy. Notice the vegetation and animals. Be ready to laugh. Did you know Jesus has an amazing sense of humor?

Climb a tree.

Color together. Sit down with crayons or colored pencils and a coloring book and invite Jesus to color with you. Talk, laugh, delight.

Imagine together. Ask Jesus to expand your imagination. Imagine new worlds, how life could be, new colors, what it would be like to travel someplace you've never been - wonder and delight.

## **PRACTICE CHECK IN June 9th and 23rd**

Each month, we will have two opportunities for you to check in with our community and share about your experience engaging the spiritual practice for the month. On these days, share on social using #pursuelife or scan the QR Code to upload a picture and reflections that we can share through our social media, email and in conversation with one another!

