



SOULHOOD



# DISCIPLINE OF PLAY *for* GOD'S CHILDREN





## INTRODUCTION

*hello!*

"Adults are so busy, so preoccupied with our agendas and tasks that we fail to enjoy the beauty right in front of our eyes, children don't need someone to tell them to enjoy life. They are naturally curious. They find what they like and they do it. But as we grow older, most of us begin to feel the pressure to be 'productive.' We feel guilty when we take time to enjoy something or stop to play. Most adults don't even know what it means to play," writes Ken Shigematsu in his book *God In My Everything*."

*Play is something unique to you. I like to play on beaches and smell the wild roses growing along my road in summer.*

*Let's play this week,*

*Carmen Kampman*

# TYPES *of* PLAY

Puddle splashing

Games

Swim

Read

Learn for fun

Walks



Paint

Bike alone or with friends

Listen to music

Dinner with friends

Read a joke book

Garden

Other



# PLAY

## *thoughts*

Simon Carey Holt suggests that play as a spiritual discipline are three things:

1. An Act of Pleasure with God. "It is in playfulness that we discern afresh God's creativity, beauty, laughter, and delight."
2. An Act of Surrender. It's an "act of freedom not of obligation." Some things undone are not the end of the world.
3. Play as an Act of Reclamation. "The very word play implies something free and liberating. Whether it's on a sports field or a stage, on a basketball court or sitting at a board game, the designation play reminds us that we are embodied people. The reclamation of our bodies and the playfulness inherent to them is a practice as freeing as it is routine."

When you hear the word play, what comes to mind?

How might God be inviting you to play this week?

