

Rest versus Escapism

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Description

This session will distinguish between God's call to rest by enjoying the fruits of his labors and our own, versus seeking to escape from the difficulties of our calling through distraction and amusement. We'll focus especially on the idea of recreation as re-creation: exposing ourselves to the goodness of God in the created world to restore our sense of who he is and what our place is in it.

Main Point

Rest is a calling from God.

1. Rest is intentionally ceasing from essential labor as an act of faith in the provision of God.
2. In a busy culture, you must plan quality rest.
 - Guarding time to rest.
 - Selecting activities that are truly restful.

3. In a distracted culture, you must remember the difference between *amusement* and *recreation*.
 - *Amusement* is the type of activity that requires as little exertion as possible, from both mind and body. *A-muse* means “without thought.”
 - *Recreation* is the type of activity that has a renewing effect on a person’s body and soul. These activities re-create a person in a number of ways.
4. Recreation brings pleasure, and pleasure in the right things honors the Lord.
5. Godly pleasure expresses itself as thankfulness to God. So, thankfulness is an indicator that you’re getting the right kind of rest.