

SOUL TRAINING

Play

Based on James Bryan Smith's "The Good and Beautiful Life"

We play because our God is good. Grace is sufficient for us. God wants us to be full of joy, and play is a way to experience the goodness of God and the richness of life. But many adults have lost the ability to play. Somewhere along the journey, life takes more serious turns: marriage, a job and children, and we find that we rarely play. Consider doing one or more of the following this week: play with one of your children or grandchildren; take time to do your hobby; watch a funny movie; read a book about a subject you are unfamiliar with. Jesus told us we must enter the kingdom as a child, with trust, joyful expectation and very little self-awareness. Play is an act of self-abandonment: we stop taking ourselves so seriously and simply enjoy life. In one sense the kingdom of God is like a playground. Safe within the confines of a play area, with trusting parents overseeing their children, kids are free to slide and spin and climb and enjoy every moment. Because our heavenly Father watches over us, we are free to let go and play. When we play, we are training our bodies and souls to live with genuine excitement. That is what the kingdom of God is all about.