

AFFIRMATION 11

Caring for our bodies and insisting on taking time to enjoy the benefits of prayer, reflection, worship, and recreation in addition to work.

Recreation



,rekrē' āSH(ə)n/
noun

Activity done for enjoyment when one is not working.

What is your favorite thing to do for recreation?

Why is the word create in the word recreation?

Choose one of the following recreational activities to do tonight:

- Sports in the gym
- Drawing with chalk or white board markers in the Youth Room
- Going outside to enjoy the nice weather

Which recreational activity did you choose, why?

Recreation is also defined as refreshment, the act of creating something new, refreshment of health or spirits by relaxation and enjoyment. Describe a time that you experienced that with your recreation? How can you do that more?

The Path of Jesus is found where Christ's followers care for their bodies as temples of the holy and take time to pray and play, to worship, and to reflect, as essential parts of their vocation

