

# The Christian And Spiritual Recreation

*Life in Christ*

*1 Timothy 4:8*

## INTRODUCTION

**The Christian** is the one who believes in Christ, obeys Him and worships God in '*spirit and truth*'.

He/she is in the world but is not of the world. He/she is guided either by the commands of God or live life by the moral principles of the Bible.

**Recreation** is one aspect of the Christians living. Recreation is an essential part of human life providing refreshments, Joy, rest, leisure, relaxation and an opportunity for social engagements.

In the Bible, the word "*recreation*" is not used and does not discuss modern forms of recreation explicitly.

However, it teaches the importance of rests and leisure to overcome "*burn-out*", provides significant insights into the value and pitfalls of recreational activities. In today's teaching we will explore **1 Timothy 4:8** and other scriptures.

**1 Timothy 4:8** "*for bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come*"

This means that physical training is only of little value compared to Godliness (*reverence and devotion to God*) which holds value and promise for both the present earthly life and the eternal life to come.

The verse encourages a spiritual focus, urging Christians to priorities "*training yourself for godliness*" (reverence and devotion to God) over excessive devotion to bodily exercise or worldly pursuits, as godliness offers lasting benefits for the soul.

While physical exercise is not condemned, it must be kept in its proper place with godliness taking precedence to ensure a balanced life that honours God.

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## WHAT IS SPIRITUAL RECREATION?

This refers to activities that provides relaxation, enjoyment and refreshment to the body and spirit.

Man is made up of body, soul and spirit. Therefore leisure activities and choices that connect with our faith, foster sense of well-being, promoting spiritual refreshment that often involve practices like meditation, prayer, and worship in a godly manner that agreed with our religious (*Christianity*) value.

Recreation comes from two words, one means to ***create a new*** and the other means to ***refresh oneself***.

When we refresh ourselves we remake ourselves. It is used regarding leisure activities to renew or restore our body, soul and spirit our inward man is renew daily by the word.

### **Recreational activities include;**

- **Physical activities** – sports, exercises, outdoor activities
- **Creative activities** – Arts, crafts, music, writing etc.
- **Social activities** – spending time with friends, family, attending events, social media, chatting etc.
- **Intellectual activities** – reading, puzzle, scrabble games, learning skill

## ATTITUDE TOWARDS RECREATION

Recreation should be done with a wise, restrained attitude, avoiding reckless endangerment.

Recreation that brings one into close association with ungodliness should be avoided.

We should not schedule our recreation activities on the Lord's Day and we shouldn't be obsessed (*overdo*) with it.

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**1 Corinthians 6:12** *“All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.”*

## RECREATION AS SEEN FROM THE BIBLE

- **Refreshment as recreation:** Recreation is often seen as a means to refresh and build up oneself. The Bible emphasized the importance of physical and spiritual exercise.

**Romans 15:32** *“That I may come unto you with joy by the will of God and may with you be refreshed”* mirrors the concept of recreational activities. It suggests that joy and communal integrations can be a source of refreshment.

- **Jesus’ call for rest and His example.** His call for rest in **Mark 6:31** *“and He said unto them, come ye yourselves apart into a desert place, and rest a while...”* is suggestive of recreation, His withdrawal often time to rest and pray are evident.

He attended a social gathering in **John. 2:1–11** *“... And both Jesus was called, and his disciples, to the marriage ...”* indicating the value of fellowship and joy in community interactions. Christians should be mindful of sinful settings to avoid (**1 Thessalonians 5:22** *“abstain from all appearance of evil”*).

- **Joy and Celebration:** In **Luke 15:24** *“for this my son was dead and is alive again; he was lost, and is found. And they began to be merry (music and dance)”*, the father of the prodigal son expresses joy and rejoices in music with dance highlights recreation, we are to rejoice in the Lord (**Philippians 4:4; 1 Thessalonians 5:16; Ecclesiastes. 3:13** *“and also that every*

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*man should eat and drink and enjoy the fruit of his labour, it is the gift of God”).*

- **Balance and Moderation:** It is a common saying that “*all work without play makes Jack a dull boy.*” While joy and celebration are valued, the Bible advises for moderation.

**Proverbs 25:16** “*Hast thou found honey? Eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it*”;  
**1 Corinthians 10:6–7** “*...the people sat down to eat and drink and rose up to play*”.

- **Physical and Spiritual well-being:** Recreation often involves physical exercise which contributes to overall well-being  
**1 Timothy 4:8** “*For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come*”.

Spiritual recreation of reverence and devotion to God is better and more rewarding.

## BENEFIT/IMPORTANCE OF PHYSICAL AND SPIRITUAL RECREATION

Physically and spiritually, recreation helps reduce stress and anxiety thereby giving inner peace.

- Improves overall mental health and boosts mood.
- Spiritual recreation deepens spirituality by strengthening our faith.
- Encourages self-reflection, self-awareness, mindfulness in daily life and personal development.

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## SPIRITUAL RECREATION EXAMPLES

- Meditation and prayer *Psalm 119:15* “I will meditate on your precepts and fix my eyes on your ways”
- Reading spiritual texts, more of the Bible and spiritual literature *2 Timothy 2:15* “Study to show thyself approved unto God, workman that needeth not to be ashamed, rightly dividing the word of truth”
- Attending spiritual services & ceremonies
- Worship and fellowship
- Spending time in nature: putting oneself to natural environments and appreciating God’s work can be a spiritual uplifting experience.

## CONCLUSION

The Bible provides a timeless perspective on various aspects of human life including recreation. Although not expressly mentioned as “recreation” in the Bible, the themes of refreshment, joy, celebration, rest, leisure, physical activity and community interaction that run through the Scripture offer valuable insights into the significance and conduct of recreational activities.

By understanding and implying these principles, we can enrich our spiritual well-being. The enjoyment in recreation is not sinful provided one is guided by godly manners and ways.

**1 Timothy 6:17** “Charge them that are rich in this world, that they be not high-minded, nor trust in uncertain riches, but in the living God,

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*who giveth us richly all things to enjoy", **Psalm 16:11** "Thou wilt shew me the path of life: in thy presence is fullness of joy; at they right hand they are pleasures for evermore".*