

## Recreation

1. Recreation means to “recreate” or “renew”; to take some time to create anew (refresh) our mind and body by giving it time for rest and relaxation. There is a time to rest after work (Mk. 6:31). However, young Christians need to make sure that they choose the right kind of recreation that does not violate God’s word.

2. It is not the responsibility of the local church to sponsor recreation for its youth (1 Tim. 3:15). Church sponsored recreation and “social events” are not authorized (Col. 3:17). It is the responsibility of the individual and the home to provide recreation (Eccl. 11:9).

3. We do not determine our recreation by personal likes or dislikes. How do we determine whether an activity of recreation is good or not? Here are some questions to ask based upon biblical principles:

Is this activity specifically forbidden; is it a sin (Rom. 12:9; Gal. 5:19-20)?

Is this activity worldly (Jas. 1:27; 4:4; 1 Jn. 2:15-17)?

Will this activity damage my influence as a Christian (Mt. 5:13-14; 18:6; 1 Tim. 4:12)?

Will this activity put me in with the wrong company (Prov. 13:20; 1 Cor. 15:33)?

Will I spend too much time or money on this activity (Eph. 5:15-16; 1 Cor. 16:1-2)?

Will this activity cause youthful lusts (2 Tim. 2:22; Jas. 1:14-15; 1 Pet. 2:11)?

Will this activity harm my body and mind (1 Cor. 6:19-20; Rom. 12:1-2)?

Is this activity questionable; will it violate my conscience or cause others to stumble (1 Cor. 8:13; 10:23-33; Rom. 14:23)?

Will this activity tear down my thinking or build it up (Phil. 4:8)?

Will this activity keep me from fulfilling my duties to Christ (Mt. 6:33)?

Would I want to be doing this activity when the Lord comes (2 Pet. 3:14)?

4. Don’t let your recreation become “wreck-reation” (Ex. 32:6-7; Num. 25:1-2)!