

Subject: Family Recreation

Scripture Reading: Ecclesiastes 3: 1 – 15

Memory Verses: Ecclesiastes 3: 13



Objective: To offer some guidelines for enjoying appropriate recreation that should build and enhance family bonding.

Introduction: Recreational activities are things you engage in for enjoyment and relaxation. Good recreation and entertainment renew body and mind — critical for family well-being. Family recreation should include sharing vacations, playing table games, watching sports, and engaging in various outdoor activities. Married couples, both young and old (especially young people), need wholesome outlets. Husbands and wives should go on dates and treat each other, especially on special occasions, e.g. wedding anniversaries. Parents and children need to spend as much time together, bonding and doing fun activities as well.

1. How might Philippians 4: 8 help us to test questionable activities?
2. Discuss and list the types of entertainment and recreation that you consider to be wholesome and healthy.

Note: Does the Bible condemn having fun? No, it doesn't! In fact, the Bible says that there is a time and place for everything "a time to laugh... and a time to dance" (Ecclesiastes 3: 4). Jesus Christ attended a wedding feast and also a "big feast" that Matthew Levi put on for him (Luke 5: 29 & John 2: 1 & 2) Clearly Jesus had fun and did recreational activities too. May laughter and fun never be viewed as sin in your household!

3. What can our church do to promote and provide wholesome recreational activities and opportunities? What attitude or philosophy of life do you find in Ecclesiastes 3: 1 – 15, especially in verses 11 – 13?
4. How can the thoughts in Mark 6: 31 – 32 find meaning in terms of today's recreational and social needs?
5. Share some of the benefits of family recreation enjoyed by your family.

Note: Wholesome family activities that recognize God allow refreshment of body and mind. Essential to personal well-being is the commitment in the home for providing opportunities for relaxation and release from tension. How does your home measure up?

