



Parish Nurse Corner

LEISURE

What kind of leisure activities do you like to do? Leisure time allows us to be freer, and have more fun, to be able to experience the world through the eyes of a child. That's the secret. Even Jesus told the disciples that they should let the little children come to him...for it is to such as these that the kingdom of God belongs (Mark 10:13-16). Experiencing the world through the eyes of a child allows us to be excited, to be full of wonder, and to be open to what may come our way.

According to Joyce Rupp, a religious writer, "when we lose sight of our inner child, we lose a beautiful and essential part of our self. We become serious and competitive. We get our applause by working hard or by living up to other's expectations. Much of the joy is missed." Jesus always took time out for leisure. He realized the joy and wonders of children, and welcomed them to be with him to lift His spirit.

It doesn't matter what leisure activity we are doing. What does matter is that we are taking the time to enjoy the process; that we are grateful for the gift of life, and encounter our day with a happy heart. We are all part of God's playground, Rupp says.

Enjoy yourself in God's playground!

May your New Year be blessed with the joy of knowing how very precious you are to Jesus.

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