

These notes are designed to be used by small groups on Zoom, by members of a family or by a couple of friends on the telephone. They are based on our Sunday sermons and are designed to help us all think through the issues raised about “God in my Everything”. You will get the most out of them if you have heard the sermon first.

## Sermon Date

Sunday 11<sup>th</sup> July Mairi Mowbray

## Bible Passages

Genesis 2:1-2

Ecclesiastes 3:1-8

John 2:1-12

## Theme & Introduction

Play - is it just for children or do we need a right attitude to it as adults as part of our rules/rhythms of life?

## Questions

1. If you had a spare hour, what would you choose to do in it?
2. Is play “a waste of time” or does it serve positive purposes? How can it lead to negative consequences?
3. Ken Shigematsu says that play is “giving expression to joy”. Do you agree?  
What is the source of our joy?
4. What do you understand by joy? What sort of things make you joyful? How can you bring joy to others?
5. Do you think Jesus took time out to enjoy himself or be spontaneous? If you cannot think of many examples, why might this be?
6. How can we keep our play within healthy limits?