

THE PASTOR AND HIS RECREATION

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I'm not at Cottonwood today, because I have taken a week off to celebrate 36 years of marriage and to refresh and recharge.

Relaxation and recreation are something that each of us needs

I am a recovering workaholic and still have a hard time staying away from the office. In fact, while I was writing this article, two people came by and one said, "Do you ever go home?" 15 minutes later somebody else came by and said "Sleeping in the office again?"

I love what I do and I'm thankful for the opportunity to do it. Yet, we all need some time off. We need times of relaxation and recreation.

Recreation is defined as "any play, amusement, pastime or hobby that is used for refreshment of the mind and body."

I've known pastors who never take time off, (I use to be one) and they are usually tired, sad, sometimes even mad, men. Some of these men push themselves the way that they do because of the attitude of some of their church members towards them ever taking time off. This ought not to be.

Whether you like to hunt or fish or play ball or bowl or golf or go hiking or ride motorcycles or whatever else you might like to do for recreation, the point is, we all need something that we like to do and we need to do it.

I've known some pastors who tried to hide their recreational habits because they had church members who thought that "pastors" should be "above" the need of recreation.

I don't know where that idea came from. Pastors aren't superhuman. If Jesus took time off, we need to follow His example. Jesus got tired. He needed rest. There were times when He hid from the crowds. He called His disciples apart for a time of private relaxation away from the people they served.

When we take time off, we are not wasting time. We are refreshing our minds, our bodies and our spirits.

I use to say that "I would rather burn out than rust out", but I don't want to do either. I want to live as long as God wants me to live. I want to be smart and take care of myself so that I can better serve Him and those He has called me to serve.