





THE ART  
OF NORMAL

**If we cannot learn to take pleasure in all our ordinary lives — our hobbies, leisure, amusement and rest cannot save our significance or our happiness.**

our happiness.

God takes pleasure  
in all of creation.

**Luke 12:27 & Matthew 6:28**  
Consider how the lilies grow...

This can enliven your joy —  
not just tame your worry.





## **Ecclesiastes 8:15-17**

So I commend the *enjoyment of life*, because nothing is better for a man under the sun than to eat and drink and be glad. Then *joy will accompany him* in his work all the days of the life God has given him under the sun.

## **Proverbs 5:18-20**

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May your fountain be blessed, and may you rejoice in the wife of your youth.

A loving doe, a graceful deer — may her [sensual body part] satisfy you always, may you ever be captivated by her love.

Why be captivated, my son, by an adulteress?

Assertive pleasure leads to emergent pleasure.  
Moral pleasure enlivens sensual pleasure.

# Avocation

Lit: "Calling away"

Latin: Ab-Vocare

*Pursuit of passion that is not also a vocational or role responsibility.*

# Leisure

*Things we pursue mainly for enjoyment.*

# Rest

*The practices of ceasing and recovery demanded by faith and finitude.*

s sensual pleasure.

# Avocations:

Leisure	Relational time
Worship	Family
Rest	Retirement
Sleep	Hobbies or arts
Celebration	Service passions
Fun	

**All of these things have a "theology" — a way they relate to Jesus and his Gospel.**



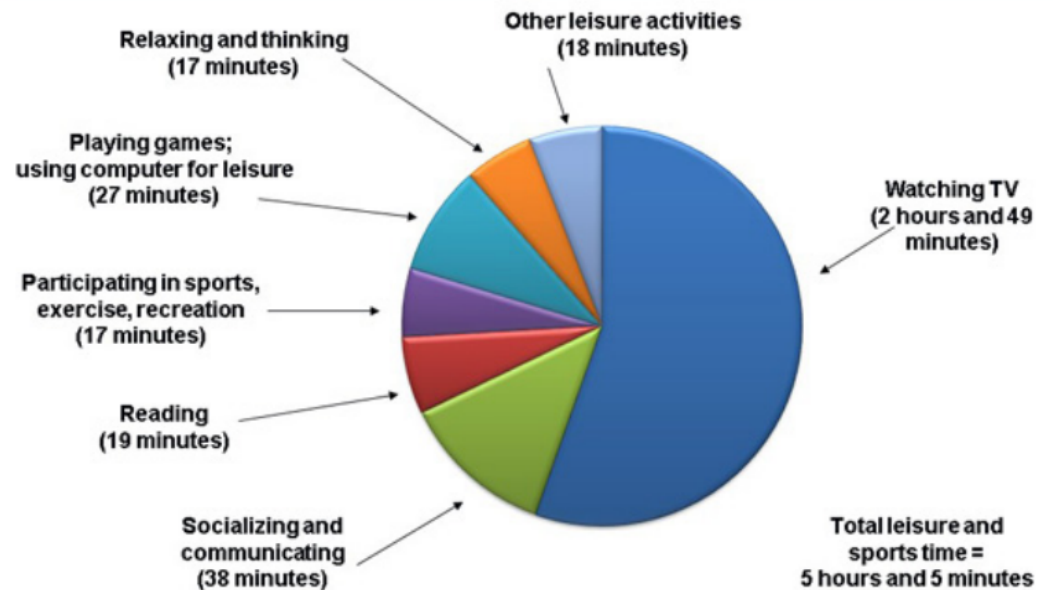
Leisure is up since 2008

Average TV time is 2hrs 49 minutes daily

Retirement: 7+ hours leisure daily

Wisconsin has 14 month winters that effect leisure

## Leisure time on an average day



NOTE: Data include all persons age 15 and over. Data include all days of the week and are annual averages for 2014.

SOURCE: Bureau of Labor Statistics, American Time Use Survey

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1. Avocations are gifts of God for our well-being.

2. Avocations only honor God when they have a Gospel character.

# Leisure, rest, enjoyments and avocations are gifts of God for the purposes of God.

3. Avocations should be ordered partly by life stage and capacity.

## **Pastoral Advice:**

1. Ask your spouse or covenantal friends if your avocational life is healthy.
2. With young kids — do some things they can do with you, and that you can do at home.
3. Purge at times — get rid of pursuits and stuff that is distracting.
4. Use your avocations for the Gospel.
5. Use meaningful leisure to serve others.

**1 Timothy 6:17-18**

Command those who are *rich* in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who *richly provides us with everything for our enjoyment*.  
Command them to do good, to be rich in good deeds, and to be generous and willing to share.

**Mark 2:27**

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Jesus is the ordinary and eternal source of all true leisure, work, relationship, avocation, amusement and rest.

**Hebrews 4:1-2**

...since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. For we also have had the gospel preached to us...



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