

## How to use this thing:

**This is a two-part guide to help you discover more meaningful Purpose and more restorative Play in your life.**

**There's no right or wrong way to use it, but since you're asking, we recommend trying one prompt a day.**

**No matter how you do it, give each prompt your full attention, and expect God to meet you in these pages.**

**You can use this digital guide on your phone or computer by typing directly into the boxes and clicking the links, or you can hit print and write on it the old fashioned way.**

Something unproductive that restores you

PLAY

**“BEWARE THE  
BARRENNESS  
OF A BUSY  
LIFE.”**

**—  
SOCRATES**

→ 5 things that “re-create” me:

1

2

3

4

5

# 1 RE-CREATION

→ 5 things I’ve never done but have always wanted to try:

1

2

3

4

5

→ Now, select one, and go do it.

# PLAN SOME PLAY 02

→ With friends, my favorite Play activity is:

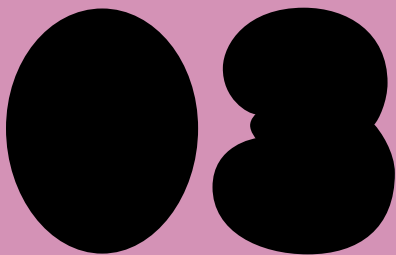
- [Game night.](#)
- [Beer tasting.](#)
- [Cornhole.](#)
- [Eat together.](#)
- [Book club.](#)
- [Play music.](#)
- [Camp.](#)

→ 5 people I love hanging out with:

→ Plan it! Send the text.  
When and where it's happening:

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Looking for a friend group?  
Check out [crossroads.net/get-connected](https://crossroads.net/get-connected)



# FAKE PLAY

Just because it's  
not work, doesn't  
mean it's Play.

**Play: Something  
unproductive that  
brings you life,  
delight, joy**

## EXAMPLES OF FAKE PLAY

### CRASHING:

When your body  
shuts down almost  
involuntarily.  
When you can't  
do anything fun or  
productive because  
you're spent.

### VEGGING:

The numbing sort  
of rest that just  
shuts your brain  
off. We think we  
like it, but it doesn't  
actually restore us.

→ The Fake Play where I spend  
too much time:

→ Ideas for turning that time  
into PLAY:

### RECOVERING:

Getting back to  
zero emotionally,  
physically, or  
spiritually, but not  
into the green.

### HIGH-CHASING:

Needing a "next  
thing" that's better  
than the last to feel  
happy.

### BINGEING:

Overdoing  
something you love  
to a degree that no  
longer fulfills.

### ADDICTION:

Abusing stimuli or  
substance to the  
point you're no  
longer in control.

**Find a peaceful place. Take  
30 minutes. Invite God.  
Read this verse. Imagine it.**

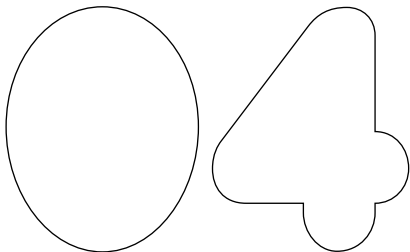
➔ **What comes to mind?**

**Write/draw it here:**

**ZEPH 3:17**

The Lord your God  
is with you, the  
Mighty Warrior who  
saves. He will take  
great delight in you;  
in his love he will no  
longer rebuke you,  
but will rejoice over  
you with singing."

**TIME TO  
RELAX**

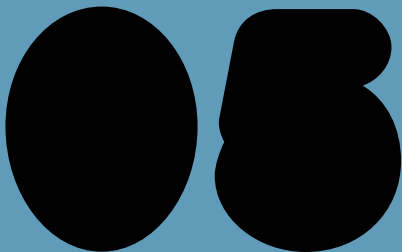


# Make the bucket list. Before I die I really want to:

(fill in ALL OF THE BLANKS)

**JOHN 10:10**

...I come that (you)  
may have life, and  
that (you) may have  
it more abundantly.



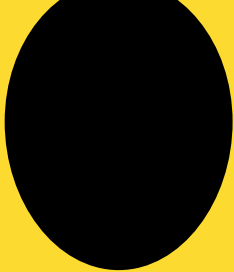
# BUCKET LIST



## JAMES 1:17

# GRATITUDE CHALLENGE

[illegible]



# IDEA PAGE

☐ **DANCE PARTY** Play your favorite fun song and dance your heart out the entire time. No one has to see you. Just raise your hands. Jump around. Go nuts.

....David was dancing before the Lord with all of his might...

leaping and dancing before the Lord..."I will celebrate before the Lord. I will become even more undignified than this..."  
2 Sam 6:14-22

☐ **MAKE SOMETHING** We were all made in the image of God who is the ultimate Creator. So, make something just for fun. *Knit a blanket. Build a treehouse. Paint. Sculpt. Write a poem, song, story, or rap. Design a game, a puzzle, a scavenger hunt, a logo. Take an art class. Cook.* Enjoy it. God does too.

☐ **MOVE** Our bodies were intentionally, beautifully, intricately designed. We thrive when we **MOVE**—when we're active, when we stretch, when we're loose and strong and using the incredible body we were given. Do something active. Thank God for how he made you.

**RUN. PLAY TENNIS. WALK. ROCK CLIMB. GO FOR A SWIM. PLAY CATCH. GO TO A TRAMPOLINE PARK. HIKE. CANOE. RUN THROUGH SPRINKLERS. PILATES. PARKOUR. SIGN UP FOR A TRIATHLON.**

☐ **HANG OUT WITH A KID** Kids are the experts in play. If you're a parent, let your kids plan your day. If you're not, ask a friend to hang out with theirs for the afternoon. Do whatever they want to do. Ask them questions. Listen to their stories. Laugh. Play. Repeat. **Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these." Matthew 19:14**

☐ **GET OUTSIDE** God is constantly speaking to us through creation, and the more we immerse ourselves in it, we get refreshed. Go outside for an hour or a whole weekend. **GO CAMPING. STROLL THROUGH A GARDEN. GO FOR A HIKE. LAY IN THE GRASS AND WATCH THE CLOUDS, EVEN IF IT'S 84°.**

☐ **LAUGH** Think of the most fun person in your life. Set up a time to hang out with them and plan an adventure that's sure to make you laugh until it hurts.

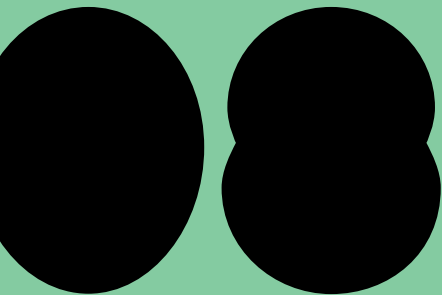
☐ **EXPLORE** Plan to be a tourist in your own town. Go to that museum. Stop to read the statue plaque. Buy the town t-shirt.

☐ **CHILD-LIKE PLAY** What is something that felt like play when you were younger? Go do those things. Check off as many as you can.

- |  |   |
|--|---|
| <input type="checkbox"/> Hula hoop.                                | <input type="checkbox"/> Start an herb garden.                    |
| <input type="checkbox"/> Get all the way across some monkey bars.  | <input type="checkbox"/> Do an art project.                       |
| <input type="checkbox"/> Find a rope swing and show it who's boss. | <input type="checkbox"/> Take treats to a dog park.               |
| <input type="checkbox"/> Perfect your milkshake recipe.            | <input type="checkbox"/> Bike ride to the nearest ice cream shop. |
| <input type="checkbox"/> Make a slip 'n' slide.                    | <input type="checkbox"/> Make ice cream.                          |
| <input type="checkbox"/> Have a backyard movie night.              | <input type="checkbox"/> Play balloon dodgeball.                  |
| <input type="checkbox"/> Lay down on the grass in the rain.        | <input type="checkbox"/> Make oobleck.                            |
| <input type="checkbox"/> Play a board game.                        | <input type="checkbox"/> Eat dessert first.                       |
|  | <input type="checkbox"/> Do a polar bear plunge.                  |

➔ Write down how you feel after doing one of these:

# TAKE A RISK



# 1:

On separate paper, make a list: “10 things that would push me out of my comfort zone.”

# 2:

Cut the list into strips. Throw them in a hat. Randomly pick one. DO IT.

→ Try not to do anything (too) illegal.

→ Go bungee jumping.

→ Ride a motorcycle.

→ Find a huge water slide.

→ Sky dive.

→ Hold a snake at the zoo.

→ Ride a roller coaster.

→ Rope swing into a lake.

→ Go to the airport and book whatever flight takes off next.

→ Karaoke your heart out.

→ Sign up for a GO Trip.

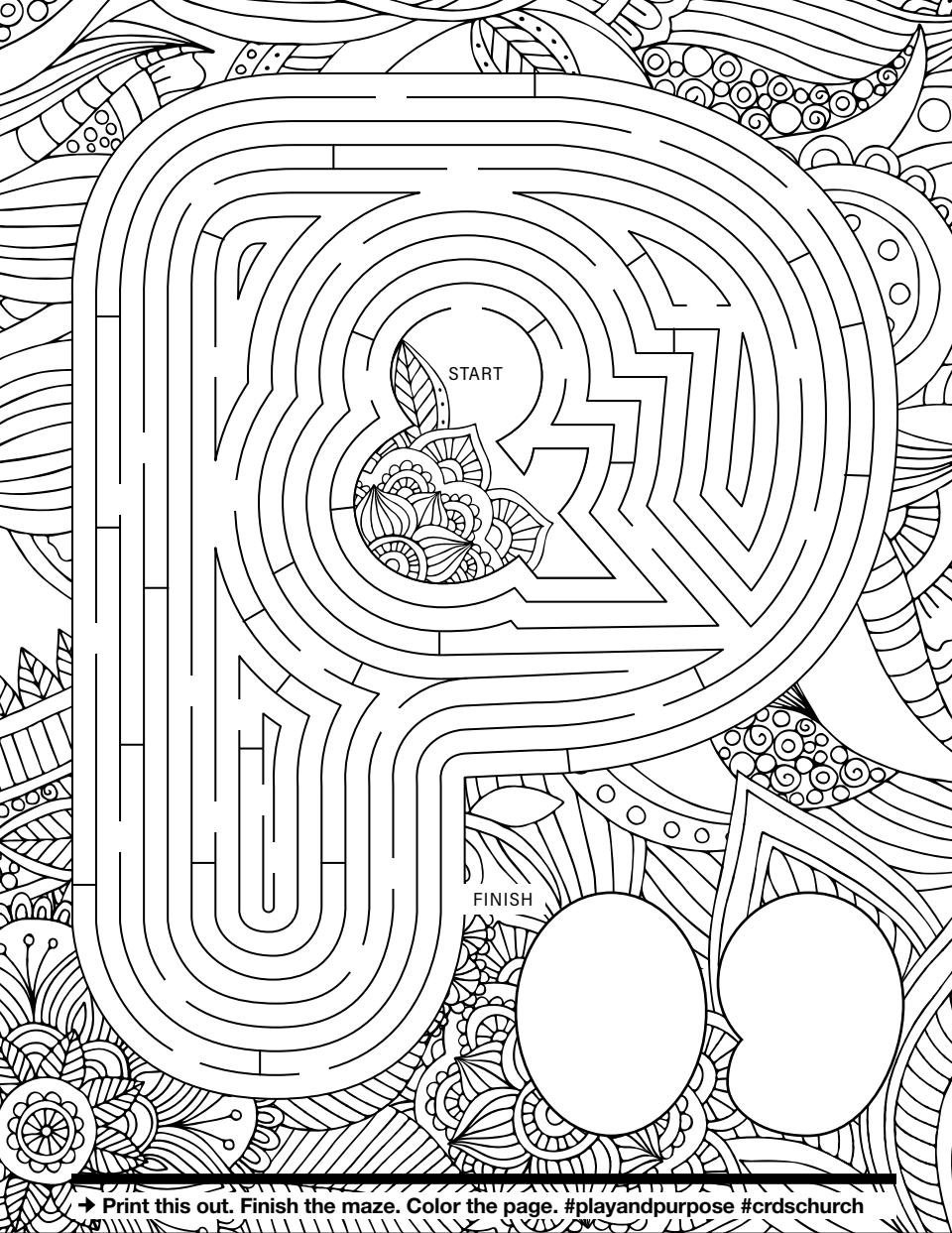
→ Sprint at full-speed like a bear was chasing you.

## PSALM 56.3"

When I am afraid, I put my trust in you.

## FAMILY CHALLENGE:

Do this with the whole family!



→ Print this out. Finish the maze. Color the page. #playandpurpose #crdschurch

**EXODUS 20:8**

Remember the Sabbath day by keeping it holy.

# Challenge:

## Take one day a week off for a whole month, and have fun.

→ Things that will need to change so I can **ACTUALLY** do this:

→ The four days I'll take off:

- 1
- 2
- 3
- 4

→ Work I'll avoid? **email, cleaning, laundry**

# 10 OFF

→ One restorative activity I'll make time for:

**FAMILY**

**CHALLENGE:**

Consider this for everyone in your family. Talk about it together.

# Read this:

## 1 JOHN 3:1

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!

→ **Pick one.  
Go for it.  
Thank God  
for the joy it  
brings.**

→ **5 things I love but RARELY  
splurge on:**

1

2

3

4

5

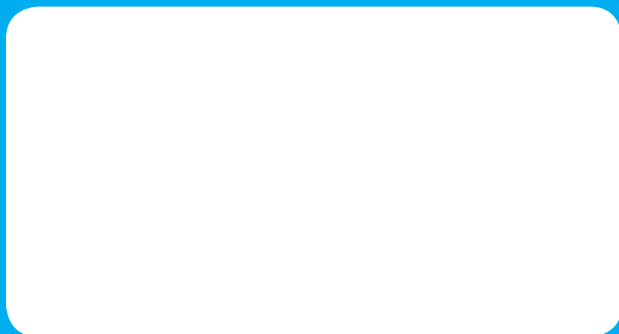
- Buy 44' of plastic and build the slip and slide.
- Book the all-inclusive.
- Buy the tent and camp.
- Take the class.
- Have dessert and enjoy it.
- Stay the night in a hotel in your own city.
- Spa day.
- Extra cheese on that pizza.
- Buy the painting you love.

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**CAVEAT:** Don't break the bank, but if you're always holding back, ask God where you can relax and receive instead for a change.

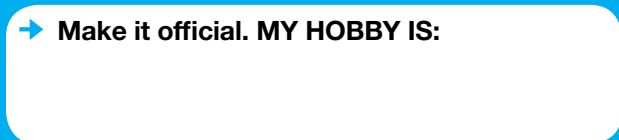
# 1 1 3 PLURGE

# Something I could do regularly to keep play in my life?

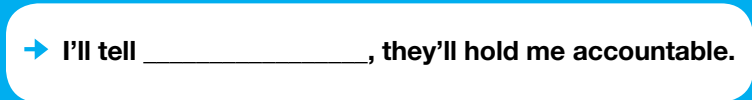


- Buy a membership to the pool, the rec center, the golf course.
- Join the knitting club, soccer league, debate team, local choir.
- Invest in the motorcycle, camping gear, piano lessons, dance class.
- Put the girls night, weekly run, beer tasting, nature walk, writing session on the calendar.

→ Make it official. MY HOBBY IS:



→ I'll tell \_\_\_\_\_, they'll hold me accountable.



# 12 NAME YOUR HOBBY



→ Here's how I'll make time for it:

**Talk to God.  
Say something like this:**

**God, I don't want the  
counterfeits of play that only  
temporarily make me feel  
better. I want life to  
the full like only You offer.  
Tear down all the barriers  
I have to fully enjoying play.  
Help me receive it like a  
kid delights in a gift from  
their dad. Thank you for  
caring about our joy. Let me  
experience it with gusto.**

→ **Now, go enjoy the crap out of it.**

# 13

# PLAN FOR PLAY



**How will Play fit  
in my schedule?  
Be specific and  
put it on the  
calendar.**

- First Fridays are dinner with friends.
- Saturday mornings I'll read at the coffee shop.
- One weekend a year, I'll do a trip with friends.
- I'm starting a weekly Sabbath.
- Hikes on Saturday mornings.
- Kayaking Tuesday nights once a month.



Something productive that yields results

# — Purpose —

# 01.

## Plot your life on the matrix

➔ **Step 1: A life that thrives is a balance of Play & Purpose.**  
Plot where you are in the following categories on the matrix.

WORK

FAMILY

GOD

BODY

SCHOOL

FRIENDS

MONEY

MIND

---

### **2 COR 6:1**

Companions as  
we are in this work  
with you, we beg  
you, please don't  
squander one bit of  
this marvelous life  
God has given us.

➔ **Step 2: For anything NOT in the Prosper  
quadrant, what is ONE thing you could try to move  
it up and to the right?**

### **EXAMPLE:**

➔ "Family". It seems  
like we're all so  
busy, I'll start family  
game night!

+ PLAY

POINTLESS

PROSPERING

-

+ PURPOSE

PITIFUL

PAINFUL

-

# 02.

## Live free

### Purpose can be found serving others.

#### → Step 1:

Note what stands out.

**GALATIANS 5:13-15**

**THE MESSAGE (MSG)**

It is absolutely clear that God has called you to a free life. Just make sure that you don't use this freedom as an excuse to do whatever you want to do and destroy your freedom. Rather, use your freedom to serve one another in love; that's how freedom grows. For everything we know

about God's Word is summed up in a single sentence: Love others as you love yourself. That's an act of true freedom. If you bite and ravage each other, watch out—in no time at all you will be annihilating each other, and where will your precious freedom be then?

#### → Step 2: How could you grow in freedom?

List some ideas, be specific.

- Take my friend white wine chilled to 38°.
- Surprise my spouse.
- Make time for that conversation.
- Apologize to my kid.
- Start the non-profit.
- Become a mentor.
- Host a dinner party.
- Volunteer at church.
- Finally propose.

# Your unique design

# 03.

➔ **Step 1: Mark the statement that most resonates.**

## 01

I create **BEAUTY** through art, words, design, fashion, or hospitality.

## 02

I bring **ORDER** through strategic thinking, accounting, cleaning, spreadsheets, or parenting.

## 03

I multiply **ABUNDANCE** through business, money, people, or ideas.

➔ **Step 2: How could you bless another person based on the statement you chose?**

➔ I chose #1, I could write a love poem to my spouse.

➔ **Step 3: Check this box when you've done it.**

### **COLOSSIANS 3:23**

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.

# 04.

## Text a friend

➔ **Step 1:**  
**Text 3 friends**  
**the following:**

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➔ **Step 2:** Write down what they say. Ask God to help you believe it. Write any reflections, a-ha's, or next steps:

**“Hey, I’m filling out a journal, and I need to ask a friend three questions. Would you answer these for me?”**

**01**

What’s one of my strengths?

**02**

What unique value do I bring?

**03**

What do you think I’ll be known for?



Embrace it

05.

➔ **Step 1: Consider where you (mostly) are right now. Click it.**

STUDENT, NEW PARENT, EMPTY NESTER, SINGLE, UNEMPLOYED, CAREER  
FOCUSED, TEENAGER, PARENT OF TEENS, ENTREPRENEUR, NEWLYWED,  
DIVORCED, BROKE, PREGNANT, GRIEVING, BUSY MOM, \_\_\_\_\_,

\_\_\_\_\_, \_\_\_\_\_

➔ **Step 2: How could you embrace this phase, not looking ahead or behind you?**

➔ **Step 3: God wants something incredible for you exactly where you are. Spend 3 minutes in silence asking God what that might be. Write anything that comes to mind.**

# 06.

## Pray your calendar

Write down the top three things on your calendar today

### MORNING PRAYER CHALLENGE:

Open your calendar, pray the following:

Ask God for a theme for the day.

- Love others.
- Forgiveness.
- Hard work. Listen.
- Take the risk.

Consider each calendar event, invite God into it.

- That convo with my boss.
- Dinner with the kids.
- The test.

→ Jot down anything that comes to mind.



12 AM

1 AM

2 AM

3 AM

4 AM

5 AM

6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

# Pray your calendar

## EVENING PRAYER CHALLENGE:

### Reflect on your day:

How did  
your day feel?

Did anything  
surprise you?

Did anything  
you heard in  
the morning  
stand out?

## PSALM 127:1

Unless the Lord  
builds this house,  
the builders labor  
in vain.

12 PM

1 PM

2 PM

3 PM

4 PM

5 PM

6 PM

7 PM

8 PM

09.4" PM

10 PM

11 PM

# 07.

## Brave

What would you do if there was no such thing as fear?

**PSALM 34:4**

I sought the Lord,  
and he answered  
me. He delivered  
me from all of my  
fears.

# 08.

## Fasting challenge

Fast from something. It could be food or Facebook, pick a set period of time and go without it.

**Fast from:**

Fasting helps us rely on God, and hear him more clearly. While you fast, ask God: "What was I made to do? Give me 3 words." Write down whatever you hear. No filtering, doubting, or editing.

**Length of Fast:**

**MATTHEW 4:2**

After fasting 40  
days and 40 nights,  
Jesus was hungry.  
*#thankyoucaptain-  
obvious*

01

02

03

## Paste list

# 09.

**List 6 people you want to pray for. Cut it out. Tape it to your bathroom mirror. Pray for them when you brush your teeth...with toothpaste.**

➔ Praying for others is a purpose-filled act of love. We can't always see it, but prayer matters.

### **1 JOHN 5:14-15**

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.

01

02

03

04

05

06

# 10.

## Fill in the Venn diagram

### → Step 1:

Fill in the Venn diagram

### RESOURCES

Anything you have that could be used/shared

### LOCATION

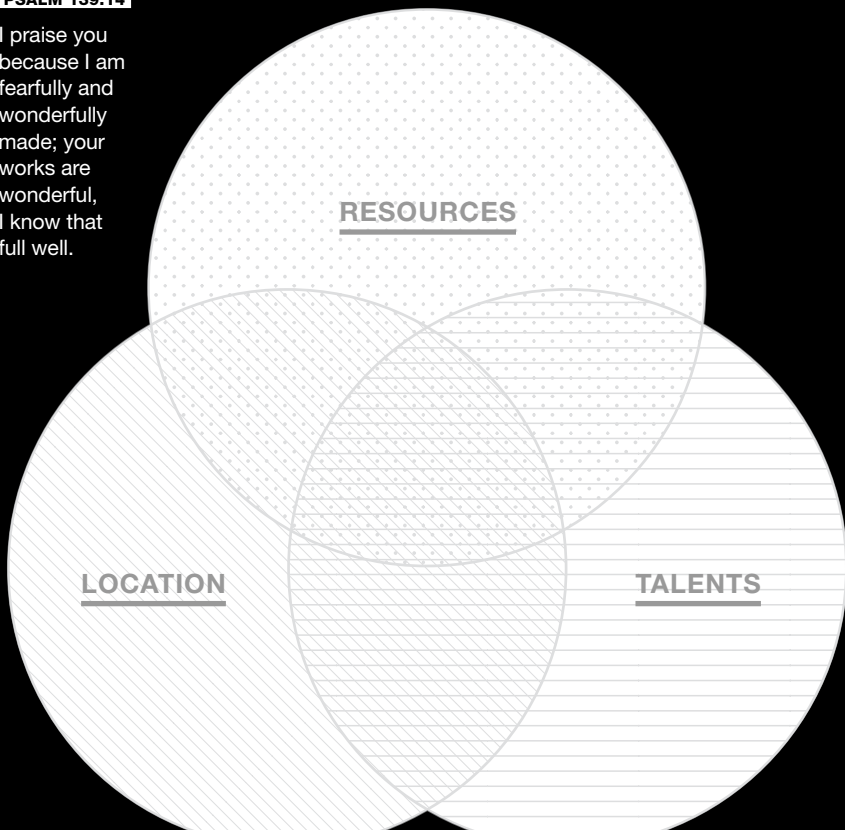
Where you currently live and why

### TALENTS

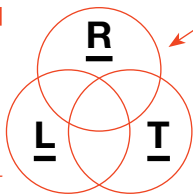
Things that are unique to how you're made

### PSALM 139:14

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.



JESS



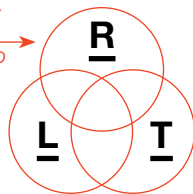
A SAVINGS ACCOUNT THAT'S BIGGER THAN I NEED, AN AIRBNB OPPORTUNITY WHEN I'M OUT OF TOWN

A LOFT DOWNTOWN, BECAUSE I TRAVEL A LOT AND LOVE THE CITY.

I'M ENTREPRENEURIAL, MONEY SAVVY, GOOD AT ADMINISTRATIVE STUFF AND COACHING SKILLS

TIME ON SUNDAY NIGHTS, 53' OF SHARED PATIO SPACE, A LOT OF PATIO CHAIRS

DAN



I LIVE NEAR CAMPUS IN AN APARTMENT, BECAUSE SCHOOL.

I LOVE LEADING GAMES, ENCOURAGING PEOPLE, CREATING EXPERIENCES, MAKING PEOPLE LAUGH.

## JESS & DAN EXAMPLES

➔ **Step 2: Consider where the Venn diagram overlaps. How could you leverage that intersection to bless other people? Write as many ideas as possible. Then select the one that inspires you most, and do it.**

JESS:

➔ Start a group that strategically tackles a justice issue in my city

DAN:

➔ Host a weekly gathering for folks in my building to play games and connect.

# 11.

## Goals for the year

Fill out this Venn Diagram, then articulate **ONE** big goal for the year ahead. (Keep it simple.)

→ **DAN**—See guys in my neighborhood experience joy and freedom through our weekly bourbon night.

→ **JESS**—Help ten kids get connected to mentors through our new group.

➔ **What's one thing you can do this week towards that goal?**

→ **DAN**—Start a text thread with guys to invite and pick a date.

→ **JESS**—Find a partner to help and begin researching best practices.

### **EPHESIANS 3:20**

Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think.

➔ **What could you accomplish in 1 month?**

→ **DAN**—Set out the bourbon and host the first one.

→ **JESS**—Have a first meeting with a small core team to begin plans.



# Unload and refill

# 12.

➔ **Step 1: The road to purpose often includes pain. Share a frustration in your life with God, completely unfiltered. Don't worry, He can take it.**

➔ **Step 2: Refill on what is true. Choose the verse below that most resonates with you. Then memorize it.**

**HABBAKUK 2:3**

For still the vision awaits its appointed time; it hastens to the end—it will not lie. If it seems slow, wait for it; it will surely come; it will not delay.

**ROMANS 8:28**

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

**GENESIS 50:20**

What the enemy meant for evil, God intended it for good to accomplish what is now being done, the saving of many lives.

**JOEL 2:25**

I will restore the years the locusts have eaten.

**2 PETER 3:9**

The Lord is not slow in keeping his promise, as some understand slowness. Instead, he is patient with you, not wanting anyone to perish, but everyone to come to repentance.

# 13.

## Repurpose your time

Answer the following questions to help you prioritize Purpose:

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What's something you're doing out of obligation to cultural norms or external pressure?

- All the kid activities.
- Staying late at work because everyone else does.

---

What are things you can cut out of your schedule right now?

- Quit that meeting that really doesn't need me.
- Delete the app.

---

What time can you spend differently so it's put to better use?

- Sit on the porch with my spouse instead of TV.
- Get up earlier one day a week.

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How are you going to make room for Purpose? Schedule it!

- Volunteer once a month.
- Join the board for the organization.

The Play & Purpose  
Journey was made  
by the folks at  
Crossroads Church,  
a nationwide  
community founded  
in Cincinnati, OH.  
Read articles,  
watch videos,  
get connected,  
or just lurk at  
[www.crossroads.net](http://www.crossroads.net)

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