

**Intro:**

WLC Q&A 135: “a sober use of meat, ... recreations.”

Main Point of Text: God's perfect, secret timing allows for and approves of appropriate rejoicing.

Sermon Point: *Make time for proper play.*

**Move 1: Get enough to eat.**

LC: “a sober use of meat”:

- Get proper nourishment: *Then said Jonathan, My father hath troubled the land: see, I pray you, how mine eyes have been enlightened, because I tasted a little of this honey.* (1 Sam. 14:29)
- God praised for ... *bread which strengtheneth man's heart.* (Psa 104:15)

**Move 2: Drink properly.**

LC: “a sober use of ... drink”:

- *Drink no longer water, but use a little wine for thy stomach's sake and thine often infirmities.* (1 Tim. 5:23). This also applies to “physick” below.
- God praised for ... *wine ... that maketh glad the heart of man* (Psa. 104:15).

**Move 3: Use medical support properly.**

LC: “a sober use of ... physick” (medical):

- *For Isaiah had said, Let them take a lump of figs, and lay it for a plaister upon the boil, and he shall recover.* (Isa 38:21). After Hezekiah's appeal to God to be healed. But used the remedy.
- God praised for ... *oil to make his face to shine ...* (Psa 104:15)

**Move 4: Get proper sleep.**

LC: “a sober use of ... sleep”: *It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.* (Psa 127:2).

**Move 5: Maintain a proper workflow.**

LC: “a sober use of ... labour”:

- *The sleep of a labouring man is sweet, whether he eat little or much ...* (Ecc. 5:12)
- *He that laboreth laboreth for himself; for his mouth craveth it of him.* (Proverb 16:26)
- *For even when we were with you, this we commanded you, that if any would not work, neither should he eat ... Now them that are such we command and exhort by our Lord Jesus Christ, that with quietness they work, and eat their own bread.* (2 Thess. 3:10, 12).

**Move 6: Enjoy appropriate amounts of appropriate recreation.**

LC: “a sober use of ... recreations”: Ecclesiastes 3:4, 11:

- Disclaimer: there is a time for weeping and wailing Ecclesiastes 7:3; Rom. 12:15; Psalm 30:5.
- Ecc. 3:4: There are times to laugh and dance (skip about, leap).
- Vs. 1: there is a time for everything. Vs. 11. God's timing is always beautiful. He has put in our hearts a sense of eternity (*o'lam*) so we respect His Providential timing. And relax in it.
- Wisdom is knowing the right time and place. And taking appropriate measures to have fun together.

**Conclusion:**

Psalm 30:11-12: *Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness; To the end that my glory may sing praise to thee, and not be silent. O LORD my God, I will give thanks unto thee for ever.*

**Make time for proper play.**