

LEISURE.

Leisure is the time at ones disposal when he/she is free from normal routine work. Leisure is divided into passive and active.

PURPOSE OF LEISURE.

1. Enables people to make friends by expending on the scope of socialization. For example the gospel of Luke, Jesus used his free time to visit and make friends, in that he visited Mary, Martha the sisters to Lazarus.
2. For personal refreshment and relaxation of the mind, especially after a days' work. This is vital in that it creates a healthy mind in a healthy body.
3. For rendering voluntary services to the community. This is possible by helping the needy like the old, preaching the gospel etc. for example boy scouts normally use their free time to clean the wells and raise structures for the disabled and elderly. For example in January 2011, scouts from the US came to Mukono and constructed houses for old and disabled.
4. It enables people to get current information. This can be done by reading of News papers, listening to radios and watching television channels like CNN, SKY news and BBC, keep people a breast with the latest information world all over like the bombings in Iraq.
5. Through leisure national unity is forged. In that people of diverse background come together for a national cause. For example, whenever the Uganda cranes is playing, people forget their differences and come to support the cranes.
6. It enables the development of skills and talents in the areas of soccer, athletics, music etc. for example many of the professional ballers have emerged as world icons because of the development of their talents; like christiano Ronald currently playing for Ream Madrid.
7. It promotes cultural values and preserves the heritage of the society. This is possible through singing and dancing of traditional dances. For example, the Acholi teach the young to dance the RakaRaka dance, there by passing it to the young.
8. It is a source of physical fitness especially to those who participate in games and sports, because it involves drills.
9. Source of income through activities like singing, acting , making art and craft etc.
10. It helps to overcome boredom especially activities in form of leisure like watching TV.
11. It helps to develop national unity especially during national celebrations and international games.
12. It boasts ones spiritual rewards especially if one spends leisure through praying and meditating upon the word of the Lord.

13. Some leisure activities are educative e.g. reading news papers, surfing the internet.
14. For recreation and entertainment purpose. In that people are able to go and have fun with others and family. For example people through the Botanical Gardens and Kiwattale recreation centre to have fun.
15. It can be used for advertisement. In that through music adverts have been put across. For example Navio and chameleon have used their music and personality to run adverts for pilisner and Nile special beers respectively.
16. It's a source of employment. In that people are earning out of it as workers, sales persons etc. for e.g. many DJs who work in leisure industries like Alex Nduka on Capital FM radio.

Leisure in African traditional society

1. Traditional songs and dances made part of leisure activities in the past. For example the Acholi danced RakaRaka, the Baganda danced to their drums etc.
2. Beer parties. This was a common practice in some societies, in that the members would share from the same pot as a gesture of joy and togetherness.
3. Wrestling competition. In which people / clans would meet for leisure activities. For e.g. in things fall apart, by Achebe, a character by name of Okwonkwo entertained his kinsmen when he wrestled Amalinzi the cat to the ground.
4. Hunting and fishing. In here people would go hunting in the forest and once the prey was caught they would all jubilate and rejoice.
5. Leisure was spent in the evening hours especially when the moon was out. Here children would dance around in the company of the elders. For e.g. Jommo Kenyatta in his book, *FACING MT. KENYA*, says the fire place acted as the class room and the elders were the teachers.
6. Offering sacrificing and praying to the gods. All these were accompanied by celebrations like sacrificing of animals and giving of libation.
7. Initiation ceremonies. Here the arguments would come together in preparation for the initiation. For e.g. among the Bagishu during the circumcision years the initiates would be made to dance as a group.
8. Some spent their leisure time through weaving baskets, mats, making pots etc.
9. Story telling e.g. the young would be told stories regarding their societies.
10. By appreciating and watching artistic work e.g. painting on the rocks, water falls etc.
11. Through swimming and boat competition. This was common among the Baganda, where the different clans would come to compete amongst each other in boat racing.
12. They also enjoyed puzzles and poems during which would test the intelligence of the children.

13. The leisure was active. In that all the members were expected to participate in form of dancing, singing, joining in beer parties etc.
14. It was also for free. In that one would join leisure activities without worry.
15. It was intermingled with work. In that as people worked they would also be enjoying. For example in Tororo, as the women ground millet they would sing.
16. Leisure was educative. In that people learnt practical things, as others were taught informal lessons.
17. Leisure was used for displaying skills and talents in areas like crafts, fights etc.
18. Leisure was divided according to age, sex and rank in that the children had their own leisure like games.

COMPARISON BETWEEN LEISURE TODAY AND IN THE TRADITIONAL SOCIETY

1. In the past leisure was for free whereas today is commercialized.
2. In the past the elders approved the leisure activities while today it is left to the will of permissiveness.
3. In the past leisure was for passing on societal values and norms whereas today it is associated with evil.
4. In the past there was no special time for leisure whereas today leisure has specific time like in the evening hours, weekdays and weekends.
5. In the past leisure was communal through acts like beer parties whereas today it has been individualized.
6. In the past leisure was mostly active whereas today it has been characterized with passiveness.
7. In the past leisure categorized according to age, sex and rank whereas today people mix up freely.
8. Leisure was associated with religion in the past whereas today leisure is a loof and distance from religion.
9. In the past the elders guided the young and approved some of the leisure activities, whereas today the youth are on their own because of the effect of generation gap.

Questions

QN. 'In the African past there was no special time for leisure" comment.

1. Yes there was no special time for leisure (stand).
2. This was because leisure was important and was related to the way of life of the society.
3. Leisure was interwoven with work e.g grinding millet while singing.
4. People would sing and dance during ceremonies.
5. Leisure was taken hand in hand with education like sex education
6. The young people always converged to places to listen to elders.
7. During leisure people would be taught history and past happening.

8. Leisure had spiritual dimension offering sacrifices.
9. During leisure ancestors were called upon to witness to the cultural functions and bless the people.
10. There were separate activities for both the elders and the young.
11. Since leisure was free there was no need for specific time for it
12. Leisure was both positive and creative e.g looking for herbs and making pots.
13. Through leisure people would get food for their survival.
14. People spent leisure time hunting and fishing.
15. The leaders and elders discussed important issues while sharing from the same beer pot which was done during leisure.
16. During leisure important basic rules were imparted in that morality was highly preserved.
17. During leisure the youth and children were prohibited from reaching certain extremes like the elders.
18. Leisure was active thereby everybody was kept busy.

PROBLEMS ASSOCIATED WITH LEISURE TODAY:

1. It is expensive and costly. In that with out money leisure is impossible. For example to go to the beach one needs money for transport, entrance, drinks and food.
2. Alcoholism and drug abuse: in some cases the youth get involved in drugs like opium, cocaine.
3. Gambling. This is a state of acquiring property through dubious and unlawful ways. In that some would play cards for money, go to casinos etc.
4. Boredom. This is basically because some of the leisure is passive and repetitive. For example watching of movies.
5. Pornography. Some people today spend most of their time watch illicit pictures, reading of tabloids like the ONION,RED PAPER which have articles like Mr. Hyena with his sexual expeditions.
6. Some leisure activities are dangerous and cause deaths. For example motor rally, where some people get knocked, others crush to death like the late rally ace kurji who crushed to death in Mityana during a KCB rally.
7. Permissiveness. This is a situation where people behave in any way they want. Some are involved in non constructive leisure activities while others dress indecently at leisure centres
8. Leisure today undermines the traditional culture values of the past as out dated. Today most of the youth, are in the western leisure like the Barclays premier league games, fictitious movies clubbing.
9. Leisure today is associated with social evils like prostitution and other sexual immoralities. For example the youth around Kampala schools organized a bash at Heritage park in 2002, but in the evening some were seen engrossed in sex as captured in Red paper

10. Generation gap, here and the elders fail to understand each other, because the youth are western leisure.

SIGNIFICANCE OF LEISURE TO CHRISTIANS

1. It is for a spiritual development. In that one can use it for personal meditation and reflection. For example Jesus used to go a lonely place to pray.
2. It is for resting especially after work. For example Jesus also rested in the boat by sleeping.
3. It is for visiting friends so as to strengthening on social relationships. For example Jesus in the gospel of Luke visited Mary and Martha.
4. It can be for offering and sacrificing to God as a thanksgiving.
5. It is for attending community celebrations as a way of identifying with our communities. For example in John 2:1 Jesus attended the wedding at Cana and socialization with his people.
6. It can be for having company with little children as a way of recognizing their presence. For example Jesus cheered and rejoiced with children.
7. Leisure can be for self improvement. In that one can use it to acquire more knowledge and wisdom. For example can spend their leisure time watching educative programs like learn on NTV Uganda
8. It is for strengthening one's faith. In that one can go for pilgrimages to holy places like Jerusalem and the place of Jesus' birth.
9. It is one of the activities of life, for in Ecc 3:1-8, says there is time for everything i.e. time for joy and sorrow
10. It is for helping the people in the society like the sick and the disabled. For example Jesus healed the sick and fed the hungry.
11. It is for development of talents and skills in the areas of music, games and sports. For example, King David played his harp during his free time.
12. It can be for bible reading as a way of renewing our faith and widening our understanding of God.
13. It is for praying and fellowship. This is possible by going to church, attending crusades and fellowships. For example Jesus used to go to quiet places to pray to his father.
14. For spreading the gospel through preaching bible schools to children on Sundays.

THE CRITERIA FOR CHOOSING GOOD LEISURE

1. Christians should choose leisure which is Christian in nature like praising God.
2. The leisure activity should be cost friendly or even free.
3. It should be active in nature by engaging the participants positively.
4. It should involve serving God and fellow man the way Jesus did by praying to God and also visiting friends.
5. It should be community building and not selfish in nature like making of crafts, community work.

6. It should take little of one's time.
7. It should be within the legal framework, i.e. it should be accepted by the society.
8. One should have control over the leisure activity in terms of time, money etc. it should not be addictive.
9. The leisure should bring happiness and not regrets.
10. It should enable one to develop talents and skills like music, sports.
11. It should be morally acceptable and edifying.
12. It should involve learning something new. i.e. it should create initiatives.
13. It should strive to strengthen one's faith and create peace within oneself and God.

THE DANGERS OF LEISURE INDUSTRY:

1. This is the commercialized leisure. It entails making, producing, promoting and selling of leisure and leisure equipment. Below are some of the dangers:
2. It is expensive in terms of buying of the leisure equipment.
3. It is largely passive especially on the part of the spectators. So it kills some who prefer to watch TV and listen to radio without personally being creative.
4. It has promoted western style of life. This is in terms of dressing code during such leisure sessions like tight pants and skimpy wears by girls.
5. It condones personal pride especially by the 'stars'. These want to show off in their posh vehicles and splashy life style. For example the Ugandan employed professional footballers prefer making money outside the country than contribute to national pride.
6. It has condoned sexual immorality. In that some of the many programs on TV and radio have sexual inclination, and this misleads the youth into sex abuse.
7. Some have amassed wealth through hoodwinking the innocent audience. For example popular musicians like R.Kelly who came to Kampala in 2010 for a Zain sponsored concert. And only appeared on stage for only an hour yet the revelers had paid handsomely.
8. It has caused conflict among the leisure 'makers'. In that some have grievances and personal conflict. For example, in the case of Uganda, the good life crew are said to be having a beef with Bebe Cool.
9. It has made some people to forget their responsibility. This is because they are so much into the leisure industry. For example, some of those in the industry have always had unstable relations, like Jennifer Lopez who has divorced five different husbands.

10. Some these leisure activities are so addictive. In that it comes to a situation when some cannot do without it. For example some people are so much addicted to premier league.

11. It has caused generation gap between the young and the old. This is because the young are taken up with the western leisure, like Dance Hall music.

12. Some of the music played on radios is vulgar and not fit for consumption. For example in Uganda, some of the songs like "Teacher" is vulgar.

13. It has made those in the industry to become corrupt and involve themselves in the practice of witchcraft in order to stay on the map.

LEISURE IN THE BIBLE:

OLD TESTAMENT:

1. Leisure is something good and God given for the good of mankind.

2. God Himself had leisure, meaning He blessed it. For example in Genesis, God worked for six days and rested on the seventh day.

3. In the Decalogue God instructed mankind to work for six days and rest on the seventh day.

4. During leisure the Israelites remembered their deliverance from Egypt.

5. During leisure mankind supposed to worship their creator, that is why the Israelites worshipped God

6. The Israelites celebrated many feasts in their leisure time. For example they attended to the feast of Passover etc.

7. Leisure is a time of self improvement. In that in the book of Ecclesiastics 35:24, says that leisure gave the scribes the opportunity to acquire wisdom.

8. According to Ecclesiastes 31:1-8, says there is time for everything, time for work and time for leisure.

9. Leisure was or worshipping God joyfully. The Israelites worshipped God joyfully using some of the psalms, for psalms 122:1, calls upon them to go to the Lord's house and worship.

10. The Israelites used their leisure to sing ,dance and play musical instruments e.g king David used to play the harp.

LEISURE IN THE N.T

In the N.T, Jesus observed the Sabbath. He went to the synagogue and worshiped God.

Jesus made the observance of the Sabbath more humane, b,cse the Pharisees had made it appear to be burden. he went ahead and healed

the sick saying, Sabbath was meant for man and not man for the Sabbath.

Jesus enjoyed the fellowship of others and even shared meals with them e.g in the gospel of Luke, he told Zachaeus that was going to dine under his roof.

Jesus attended social functions of his society and identified with other people e.g the wedding at cana where he changed water into wine.

Jesus enjoyed the company of children with whom he cheered and joked about. "Let the little children come to me"

Sometimes Jesus loved to be in a quiet place for prayer and meditation.

Jesus encouraged his disciples to have leisure. He asked them to go to a quiet place and rest for a while.

Summary of Bible teachings on leisure;

- it should be balanced with leisure.
- it should enable man to grow spiritually, glorify God.
- observance of leisure is a command from God.
- should promote devt of our talents.
- it should help to bring man closer to God.
- morality should be promoted during leisure.
- it should help to bring man closer to fellow man.
- should promote charity.eg story of good Samaritan.
- it should promote unity, social harmony. Eg attending social events.
- etc.