

July 31, 2025

Daily Reflections



TIME TO PLAY

By Julie Mussché

Reflection

Dear Reader,

This reflection was adapted from a retreat on rest, refreshment and renewal. In the spirit of the summer season, I hope you enjoy this experience.

At some point during your elementary or secondary school time, you no doubt had to report on what you did during your summer vacation. Take some time to consider how you spent your summer vacation as a child. You are invited to imagine and reflect on your experiences. Over time, no doubt the way you spent the summer changed.

Reflective imagining requires engagement of the senses to capture what happened during a particular time and place. The sights, sounds, smells, textures -- all help to recall the experience. This is a practice in Ignatian spirituality as it relates to the life of Jesus.

In this case, you are invited to look at your experiential and formational foundation for relaxation, play and having fun. So, let's begin:

- Consider and reflect on how you spent your summer vacations as a young person. There may be several things that populate your psyche and spirit.
 - Is there one memory or image that keeps on rising for you, or is there something you would like to spend some time with?
 - Compose a short essay or report, no more than a page, that captures:
 - What recreation or play sticks out for you?
 - Who were your play partners?
 - Describe the location and the highlights of your experience. Draw a picture if you would like to.
 - What made this fun for you?
 - What are you grateful for in looking back at this experience?
 - How are you being drawn to play and leisure?
 - How can God offer an assist?
-



On Siletz Bay (Lincoln City, Oregon)

Photo by Julie Mussché

For Prayer

The Good Use of Leisure

O God,
in the course of this busy life,
give us times of refreshment and peace;
and grant that we may so use our leisure
to rebuild our bodies and renew our minds,
that our spirits may be opened to the goodness of your creation;
through Jesus Christ our Lord.
Amen.

THE BOOK OF COMMON PRAYER

If you enjoy reading our reflections and would like to make

a donation towards this ministry, click the button below!

Support CSD



Center for
Spiritual
Development

COMPANIONS ON THE
SACRED JOURNEY



Visit Website

714-744-3172

Join Mailing
List



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street | Orange, CA 92868 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)