

Play the Tape Out – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

Write out the good things your past sins or addictions did for you that kept you coming back. What did you like most when doing them? You did like something about them, or you wouldn't have kept doing it. Then write out the negative parts of your sin. Write out the reasons you want to stop. Then read them out loud to yourself and think about if it is worth it.

Day 2

Write out where you are in life right now as a consequence to your actions, both good and bad. Be honest with yourself.

Day 3

Memorize

Isaiah 1:19-20

¹⁹“If you are willing and obedient,
you will eat the best from the land;

²⁰but if you resist and rebel,
you will be devoured by the sword.”

For the mouth of the LORD has spoken.

Day 4

Write out where you will be in 5 years if you pursue the sinful things you have done in the past. What will your feelings be? Will you have accomplished what you wanted to do? Will it have been worth it?

Day 5

Write out where you want to be in 5 years. What do you need to do now to get there? What will your feelings be if you accomplish this? Will it have been worth it? What are you willing to give up to get there?