

Having Fun the Godly Way – Daily Exercises

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

Day 1

What are some ways you generally had fun in the past? Were they healthy? What are some things you used to do for fun that you know you can't do anymore? Write down what was displeasing to God about them and what some characteristics of good activities are. Is there anything you used to do that you can modify in such a way as to glorify God in it? What were some of your interests and are any of them compatible with being a Christian? A good question to ask is if you can pray and be grateful to God without a check in your spirit while doing them.

Day 2

There are a number of different things you can do that are healthy and fun too. There are indoor things and outdoor things. Indoor activities include building things, working on fixing up your home, board games and various clean party games. Outdoor activities include things like sledding, skiing, water sports, short road trips, going various places, parks and sports. Even going to buy something can be a social event. Remember to think of others most of all. What are some things you could do that would be a blessing to someone else? Begin to pay attention to your friends and acquaintances and make a list of activities you can do that will benefit them. Either a surprise birthday party, or helping them with something around the house. The most important part is that you are making effort to grow in this area.

Day 3

Memorize

ECCLESIASTES 11:9 (NIV)

Be happy, young man, while you are young, and let your heart give you joy in the days of your youth. Follow the ways of your heart and whatever your eyes see, but know that for all these things God will bring you to judgment.

Day 4

There are also a lot of possible hobbies and interests you can pursue. Was there ever something you saw or heard about that you thought would be fun to get into? It is amazing how many people had interests at one time that were abandoned when drugs or alcohol took over. Allow yourself to consider being interested in something you never did before. Anything that refreshes you but doesn't distract you from God or diminish your love for Him or destroy your life is a good and acceptable hobby.

Day 5

The best way to build relationships is to think of a good idea of something fun to do, then invite people to come and do it with you. It is often a bad idea to wait until others invite you to do something fun. Don't allow yourself to be dependent on someone else like that. Write down a list of friends you have met at church or in other settings who are Christians that would have a positive impact in your life. Write down a list of things you have heard about or thought of and had interest at some time that you can invite others to do as social activities. Begin spending a few minutes every day thinking about fun events you can plan that are relatively inexpensive or affordable and jot them down on a pad of paper for future reference.