

## Positive Leisure Activities

The Bible says our lives now belong to Christ. We have been transformed from the domain of darkness to the Kingdom of His beloved Son (Colossians 1:13). We no longer belong to ourselves (1 Corinthians 6: 19-20). So our time also belongs to Him (Ephesians 5:15-18).

The following questions can help you look for good ways to use your free time.

1. What bad habits do you want to stay away from?

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2. On a scale of 1 to 10, how motivated are you to overcome this habit?

1      2      3      4      5      6      7      8      9      10

not motivated

very motivated

What is a possible habit that you could develop to replace this habit?

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3. Are there some friends you should not see anymore because they could pull you back into those old habits?

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What could make this a hard choice?

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4. Are there certain places you should stay away from (like bars)? What are those places that have gotten you in trouble (triggers)?

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What places could you go to that might meet some of the same needs the old places did?

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5. What are some good ways to use your free time? For example:

a. Do you have a hobby or special skill you want to work on? Who could do it with you?

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b. How could you serve others through church, community or recreational activities?

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c. How can you stimulate your mind other than watching television?

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6. What are some changes you can make right now? How can you use your free time to improve yourself while you are still in prison? For example, does your prison have a library, craft or vocational programs, or a workout room that you can use?

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Write at least one goal for using your free time.

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