

When is a hobby a problem?

Here are some signs:

- 1) You spend too much money on it or live beyond your means.
- 2) It becomes more important than family time.
- 3) You skip or neglect responsibilities - work, church, serving, etc.
- 4) You feel angry, bitter, or anxious when your team loses or you can't engage in your hobby.
- 5) It consumes your thoughts - you think about it constantly.
- 6) It gets more effort/time than your Spiritual life. (Could include prayer, Bible reading, witnessing, serving/attending church, etc.)
- 7) It becomes part of your identity - you feel empty without it.
- 8) It becomes a source of escape - you run to it instead of Jesus.

One habit I need to change: _____

One expense I need to cut: _____

One Spiritual discipline I need to begin: _____

