

Balancing Recreation and Responsibility

Why is it best to care for your responsibilities before you enjoy some recreation?
This worksheet will help you to find the answer.



RECREATION



RESPONSIBILITIES

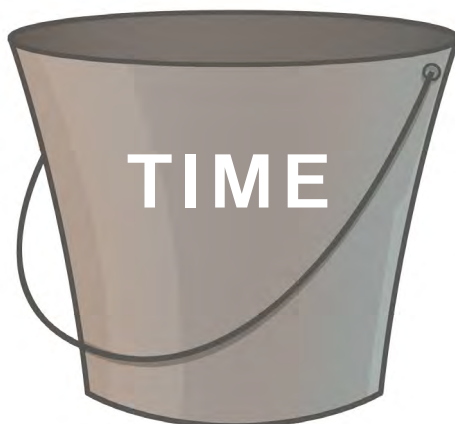


The sand represents your recreation. The rocks represent your responsibilities—the things you must take care of.



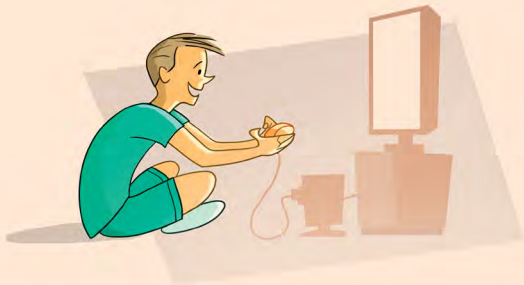
The point?

If you fill a bucket with big rocks and then add sand to fill the spaces, you will have room for both. But if you put the sand in the bucket first, you won't be able to fit all the rocks.



Which activities do you put first?

Look at the pictures, and then check the box (A or B)
under the sequence of activities that describes you best.



A

☐

I am a "sand first" person.



B

☐

I am a "rocks first" person.

Now do the following:

List the responsibilities you have each week.

List your favorite forms of recreation. Include your favorite sports that you play or watch.



Now combine the entries from the two lists above in the order of their importance to you. Then check whether the entries are “sand” or “rocks.”



1	_____	<input type="checkbox"/>	<input type="checkbox"/>
2	_____	<input type="checkbox"/>	<input type="checkbox"/>
3	_____	<input type="checkbox"/>	<input type="checkbox"/>
4	_____	<input type="checkbox"/>	<input type="checkbox"/>
5	_____	<input type="checkbox"/>	<input type="checkbox"/>
6	_____	<input type="checkbox"/>	<input type="checkbox"/>
7	_____	<input type="checkbox"/>	<input type="checkbox"/>
8	_____	<input type="checkbox"/>	<input type="checkbox"/>
9	_____	<input type="checkbox"/>	<input type="checkbox"/>
10	_____	<input type="checkbox"/>	<input type="checkbox"/>



Are the activities at the top of your list responsibilities, or are they recreation? If your recreation came before your responsibilities, you may need to make some adjustments in order to get everything done.

By putting your responsibilities first, you will be able to get the important things accomplished and still have some time for recreation.

“Make sure of the more important things.”—Philippians 1:10.