



*with Dana Grindal and Laura Gallier*

[FearlessAndFreeCommunity.com](http://FearlessAndFreeCommunity.com)

**PODCAST EPISODE 45  
Who Has Time for Fun?**

**REFLECTION & PRAYER EXERCISE**

Make this a time of prayer and reflection. Remove distractions. Begin an authentic conversation with Jesus. Consider writing down thoughts as they come to you.

*Thank you, Jesus, that You are here with me. I ask You to reveal truth to my heart and guide me in this time of prayer and reflection.*

1. **In this episode, Laura and Dana discussed how, as adults, we often find ourselves driven to accomplish tasks, even in our relationships. While work is important, it is the balance of work and play that keeps us healthy and protects us from burnout. Ecclesiastes 5:18 describes the importance of making time to enjoy the results of our labor.**
  - a. How did this conversation resonate for you?
  - b. How easy would it be for you to stop what you are doing right now and enjoy a game, puzzle, or other fun activity?
  - c. If it is hard for you, ask the Lord why.
  - d. *Pray: Lord, teach me about fun. Help me to understand why it is hard for me. Show me Your perspective about making time for fun in my life and circumstances. Thank you, Jesus. Amen.*
  
2. **“A merry heart does good, like medicine, but a broken spirit dries up the bones,” Proverbs 17:22.**
  - a. What stands out to you from this verse?
  - b. Laughter is like medicine to our hearts. It fills and refreshes our spirits.
  - c. Laughter relieves stress and calms the nervous system.
  - d. Laughter strengthens our emotional resiliency and increases our productivity.
  - e. Laughter is good for your health!
  
3. **Barriers to Fun Exercise – Prayerfully consider which of the following are affecting you.**
  - a. Pride. “I’m too mature, important, professional, spiritual, etc. to need fun.”
  - b. Excuses. “If only..., or when...”
  - c. Performing. “I have to have everything perfect before I can relax.”
  - d. People pleasing. “What would others think if they knew...”

- e. Living in the past. “Since \_\_\_ happened I just can’t...”
- f. Living in the future. “When I reach this goal, or achieve this status, then I can enjoy life.”
- g. Fear. “What if you get hurt, what if we get lost, what if it costs too much, what if...”
- h. Bondage to addiction. Sports, video games, pornography, fantasy, social media, news, emails, alcohol, working out—anything that controls your affection and demands your time.

*Pray: Lord, thank you for showing me which of the above barriers to fun are affecting me. Please show me the root of these in my life. What is the reason I believe these are more important than enjoying life and the people in it? You have made a big, beautiful world full of things to enjoy and people to enjoy them with. Help me to celebrate the small moments in life. Help me to make time to have fun and laugh. According to John 10:10, set me free from anything that is holding me back from the abundant life You designed for me.*

*In Jesus’ name, amen.*

Check out previous episodes on Comfort and Joy, Celebrations, and more at [www.fearlessandfreecommunity.com](http://www.fearlessandfreecommunity.com) .

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**If you have yet to call on Jesus as your Lord and Savior,  
find a biblical explanation of the vital need and a prayer guide at  
[FearlessAndFreeCommunity.com/Saving-Faith](http://FearlessAndFreeCommunity.com/Saving-Faith)**

