

Home Bible Workshop Preparation
August 6, 2005
Worksheet

Change-Volume II

Pages 96-101

Questions:

Setting Limits On Yourself

Eating:

- ◆ What makes overeating especially painful is the overweight is _____ to others.
- ◆ Both chronic and bingeing overeaters suffer from an _____.
- ◆ The overweight person feels overwhelming _____ for their behavior, which drives them away from relationships and back to food.

Money:

- ◆ People have tremendous problems in many different areas dealing with money - here are four-name the other four outlined in this lesson...

**Impulse spending
Chronically borrowing from friends
Living beyond one's means
Enabling others (co-dependence)**

- ◆ **The problem of our financial outgo exceeding our input is a _____ issue.**
- ◆ **When we have difficulty saying no to spending more than we should, we run the risk of becoming someone else's _____.**

Time:

- ◆ **Many people feel that their time is out of control. They are " _____ " constantly on the edge of deadlines.**
- ◆ **People whose time is out of control _____ others, whether they mean to or not.**
- ◆ **The person with undeveloped time expectations is left with unrealized**

desires, half - baked projects and the _____ that tomorrow will begin with him running behind schedule.

Task Completion:

- ◆ Though they may be great starters, many Christians find themselves unable to be good finishers. For one reason or another, creative ideas don't pan out. A regular schedule of operations becomes bogged down. Success looms, then is suddenly snatched away. The problem with many poor finishers lay in one of six causes-name all six and explain each:

1.

2.

3.

4.

5.

6.