

“A List of Daily Mundane Activities”

(They often supersede spiritual activities.)

Doing homework, or studying for class.

Eating breakfast, lunch, or dinner.

Watching TV.

Listening to music.

Using the computer.

Going to the park.

Going to the movies.

Going shopping.

Going for a pleasure drive,

Riding a bike.

Taking a trip, or vacation.

Calling a friend, or family member.

Visiting a friend, or family member.

Engaging in my hobby.

Going to the gym.

Playing basketball, softball, volleyball, football, etc.

Starting my workday.

Going to bed.

(ADD TO THE LIST THE THINGS YOU USUALLY PUT AHEAD OF SPIRITUAL ACTIVITIES.)