

Balanced Living



Ecc 3:11-13 "He has made everything beautiful in its time. Also He has put eternity in their hearts, except that no one can find out the work that God does from beginning to end. I know that nothing is better for them than to rejoice, and to do good in their lives, and also that every man should eat and drink and enjoy the good of all his labor—it is the gift of God."

Four Pillars of Life (last week)

- ❑ Mental
- ❑ Physical
- ❑ Spiritual
- ❑ Social
- ❑ Luke 2:52 "And Jesus increased in wisdom and stature, and in favor with God and men."

Three Ways To Balance Your Life

- These Suggestions come from a book by Gary Smalley, "Making Love Last Forever", They are found in chapter five.
 1. Identify Life Priorities
 2. Compare Expectations against Reality
 3. Align Your Expectations with Reality

- He does not use scripture to back up these ideas in His book, so I will attempt to do that.

Identify Life Priorities

- He uses two analogies to describe this principle
 - A Vegetable Garden – using 5 different vegetables rather than one is more satisfying.
 - Diversification – The Potato Famine in Ireland, when a fungus attacked the potato crops many were starving because their crops weren't diversified.
 - I've heard a few lessons about this subject and often people use the idea of spokes for a wheel, with the wheel symbolizing our life rolling along and the spokes representing the different aspects of our life that support us.
- Think about the different parts of your life and complete this statement for as many as you can think of.
 - I am a _____.

Here is Mine

- ❑ (2) I am a Husband
 - ❑ (3) I am a Father
 - ❑ I am a Son
 - ❑ (1) I am a child of God
 - ❑ (4) I am a friend
 - ❑ (5) I am a preacher
(Vocation)
 - ❑ I am a golfer
(Hobbies)
 - ❑ I am a brother
- Choose the top five.
 - Tend each of them like a vegetable in your garden.
 - The purpose is to give us strength & diversification when we have trials.
 - Eccl 4:9-10 "Two are better than one, Because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up."
 - Gene (a businessman) wrote a 2 word note before he committed suicide "I failed".

I am a Child of God

- ❑ John 1:12-13 " But as many as received Him, to them He gave the right to become children of God, to those who believe in His name: who were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God."
- ❑ 1John 3:1 "Behold what manner of love the Father has bestowed on us, that we should be called children of God! Therefore the world does not know us, because it did not know Him."
- ❑ Romans 8:38-39 "For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord."

I am a Husband

- ▣ Eph 5:25-29 "Husbands, love your wives, just as Christ also loved the church and gave Himself for her, that He might sanctify and cleanse her with the washing of water by the word, that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish. So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church."

I am a Father

- ❑ Eph 6:4 "And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord."
- ❑ Col 3:21 "Fathers, do not provoke your children, lest they become discouraged."
- ❑ Deut 6:6-7 ""And these words which I command you today shall be in your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up."

I am a Friend

- ❑ Pro 17:17 "A friend loves at all times, And a brother is born for adversity."
- ❑ Pro 27:9 "Ointment and perfume delight the heart, And the sweetness of a man's friend gives delight by hearty counsel."
- ❑ Pro 27:17 "As iron sharpens iron, So a man sharpens the countenance of his friend."

I am a Preacher

- ▣ 2Tim 4:1-5 "I charge you therefore before God and the Lord Jesus Christ, who will judge the living and the dead at His appearing and His kingdom: Preach the word! Be ready in season and out of season. Convince, rebuke, exhort, with all longsuffering and teaching. For the time will come when they will not endure sound doctrine, but according to their own desires, because they have itching ears, they will heap up for themselves teachers; and they will turn their ears away from the truth, and be turned aside to fables. But you be watchful in all things, endure afflictions, do the work of an evangelist, fulfill your ministry."
- ▣ Eph 6:5-8 ~ Working for a boss