

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.

B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.

C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.

D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.

### II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold*

*(Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.

B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.

C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.

D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.

### II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold*

*(Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

- A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.
  - B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.
  - C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.
  - D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.
- II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

- A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold*

*(Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

- A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.
  - B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.
  - C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.
  - D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.
- II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

- A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold*

*(Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

- A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.
  - B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.
  - C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.
  - D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.
- II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

- A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold*

*(Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

- A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.
  - B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.
  - C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.
  - D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.
- II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

- A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold*

*(Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

- A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.
  - B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.
  - C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.
  - D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.
- II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

- A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold*

*(Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

- A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.
  - B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.
  - C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.
  - D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.
- II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

- A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold*

*(Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.

B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.

C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.

D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.

### II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold*

*(Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

- A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.
  - B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.
  - C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.
  - D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.
- II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

- A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold*

*(Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

- A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.
  - B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.
  - C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.
  - D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.
- II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

- A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold*

*(Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

- A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.
  - B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.
  - C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.
  - D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.
- II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

- A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold*

*(Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

- A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.
  - B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.
  - C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.
  - D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.
- II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

- A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold*

*(Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

- A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.
  - B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.
  - C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.
  - D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.
- II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

- A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold*

*(Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.

B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.

C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.

D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.

### II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold*

*(Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

- A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.
  - B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.
  - C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.
  - D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.
- II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

- A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold*

*(Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

- A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.
  - B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.
  - C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.
  - D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.
- II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

- A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold*

*(Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

- A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.
  - B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.
  - C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.
  - D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.
- II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

- A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man (He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans 12:1-2**

a. *Don't let the world squeeze you into a mold*

*(Compress our minds).*

b. *As man thinketh in heart so is he (Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

- A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.
  - B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.
  - C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.
  - D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.
- II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

- A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold (Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

- A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.
  - B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.
  - C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.
  - D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.
- II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

- A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold*

*(Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

- A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.
  - B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.
  - C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.
  - D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.
- II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

- A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold*

*(Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.

B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.

C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.

D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.

### II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold (Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

- A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.
  - B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.
  - C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.
  - D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.
- II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

- A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold*

*(Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

- A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.
  - B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.
  - C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.
  - D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.
- II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

- A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold*

*(Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*

## A BALANCED LIFE

Scriptures: I Corinthians 14:33; Galatians 2:20 and Matthew 6:33

### I. GOD WANTS US TO LIVE AND EXPERIENCE BALANCED LIVES

- A. The entire world is based on the principle of balance. The earth is in just the right place from the sun.
  - B. Nature is perfectly balanced. Nature is balanced, and it refers to the concept that ecosystems maintain stability through interactions among organisms and their environment. This balance is crucial for sustaining life and ensuring that resources are available for various species.
  - C. Sickness indicates there is an imbalance in our bodies. Health comes when the body is restored to balance.
  - D. Christians must demonstrate harmony between Spiritual, Physical, Emotional and relational aspects.
- II. THE IMBALANCED PERSONAL LIFE WILL CAUSE:

- A. **Frustration:** You can find yourself going from this to that. Soon as you set one thing in balance, the other starts to fall off. The only regulator we have is the Word of God. We must balance the tight rope of life with the power of His Word.

## **B. FATIGUE**

*Fatigue sets in when your life is out of balance or imbalanced. We either drive or ride in some kind of vehicle. If the tires are out of line or not balanced, you are going to have a bumpy ride and experience all kinds of vibrations. The tires will develop ball spots which could lead to blow outs. Tires blow out but people burn out because of imbalance. Just like a tire that is out of balance wears the wrong way, when your life is imbalanced you wear out much quicker. You get tired. What can we do about this? We must strive to be more like Jesus (**a picture of a balanced humanity**) in every aspect of our lives. Luke 2:52:*

*He grew in wisdom (He grew intellectually)*

*He grew in stature (He grew physically)*

*He grew in favor with God (He developed Spiritually)*

*He grew in favor with man(He developed socially)*

**III. There are five areas of our personal lives that we need to keep in balance. If not, when this happens it affects everything else.**

### **1. Mental Balance -Romans12:1-2**

a. *Don't let the world squeeze you into a mold (Compress our minds).*

b. *As man thinketh in heart so is he(Proverbs 23:7). We need a balanced mind (spiritual mind -**Romans 8:6**)*

c. *We must choose what we are going to think about.*

***Right thinking produces right actions.***

*Philippians 2:5-11 and Philippians 4:6-9*

- d.** *This thinking or mindset is crucial in the body of Christ (individually and collectively). When you know the Truth; the Truth will make you free (John 8:31-32). **Freedom comes from having the right thoughts.***

## **2. We need to have physical balance**

- a.** *1 Corinthians 6:19-20 – We must take care of our bodies. If we don't it affects everything else. The Holy Spirit abides in us. We are subject to the control of the Holy Spirit in contrast to being controlled by the lures of this world. (Eph. 5:18). **The Body and the brain must work together.***

## **3. We need to have Spiritual balance**

- a.** **2 Peter 3:18** says "Grow in grace and in the knowledge of our Lord and Savior Jesus Christ." You do two things to grow as a Christian: You grow in grace, and you grow in knowledge of Jesus Christ. You have intellectual growth -- you know about the content of the Bible. You also grow in grace -- that's cultivating an intimate relationship and enjoying God. Grace was the characteristic that led Jesus to feed the 5000, to heal the sick and refuse to condemn the woman taken in adultery. Grace is not just spiritual salt and pepper. How can you share it. Ephesians 4:15 says "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ."

#### 4. **We need to have emotional balance**

##### a. **Galatians 5:22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

b. Here we have a picture of a perfect emotionally balanced person. These nine qualities are the qualities of emotional stability. When you're emotionally stable, you're not blown away by a crisis

c. This is a picture of Jesus.

d. I think emotional balance is a combination of **confidence and contentment**. You're confident and content and you are emotionally stable in your life.

e. Examine Phil. 4:11-13; 1 TIM. 6:6-9; Proverbs 3:5-6; Psalm 37:4; Matthew 6:25-26 and Mark 12:42.44.

f. He is our anchor (Hope). Hebrews 6:18.

5. **We need to have social balance.**

*Let's look at following: Romans 12:16.*

*When all your relationships are in harmony, there is social balance. Wise people think about where they are headed. They give thought to their ways. They consider where they are going. Fools deceive themselves. (Proverbs 14:8,15). Finally, we must constantly Examine ourselves by and through the Word of God. Record mental notes in our minds what is not pleasing to God and work on them through prayer and meditation on His Will, Way and Work (2Tim.2:15). In all our endeavors keep Him as the center of our lives (Matthew 6:33). It is all about faith in Jesus The Christ.*