



SERIES: MY LIFE WITH GOD

Finding Balance in Life

Life Reference: Matthew 6:25-34

Focus Verse:

“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee” (Isaiah 26:3).

Do you ever feel your life is out of control—out of balance? As a child of God, we must take time from our busyness to set our priorities in order. Life is a gift and should be lived well.

We all have emergencies where we burn the candle at both ends, but this should not be the norm or soon there will be no candle left to burn. That candle is the spirit within us that inspires us and propels us into forward motion.

“For thou wilt light my candle: the Lord my God will enlighten my darkness” (Psalm 18:28).

The darkness refers to our confusion, hesitation, frustration, or anything that would put out the light within us, as life has been known to do.

Finding balance in life applies to all age groups, as the principles remain the same. It is essential to keep the most important things on the top of the list and to allow proper time for these things so one does not burn out, become frazzled or haggard.



© 2007

Visit: www.moretolifetoday.com for Terms of Use



Life Reflection:

Have you ever experience an occurrence of dizziness or vertigo? How did it affect your walking and balance?

Dizziness is a physical response to something wrong in your body. Have you ever felt that events in your life were dizzily spinning out of control, causing you to "lose your balance"?

What steps did you take to bring order and stability back into your life?

To speak of balance means to be poised, have stability, and a steadiness. Related words are *moderation* and *temperate*. Moderation is to be reasonable, sensible, judicious, and temperate.

**"Let your moderation be known unto all men. The Lord is at hand"
(Philippians 4:5).**

Moderation is closely associated with the word *temperate*. Temperate means: pleasant (not angry), calm (not upset), self-controlled (governing our appetites, time, thoughts, etc.), controlled (not out of control), peaceable (living within the boundaries of God's laws), and composed (not frantic).

In I Corinthians 9:25 Paul compares temperance to a race.

"And every man that striveth for the mastery is temperate in all things." Verses 26 and 27 go on to speak of the discipline required. "I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: But I keep under my body, and bring it into subjection."

Temperance is one of the fruits of the Spirit (Galatians 5:22-23). Fruit means there is growth. We may not have it right now, but we can grow it in Jesus' name. We *can* become that person we desire to be. The apostle Peter gives instructions to help us in this endeavor. He says it is a *process of addition*. "And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge" (II Peter 1:5).

He continues that to knowledge we should add *temperance*; to temperance, *patience*; to patience, *godliness*; to godliness, *brotherly kindness*; to brotherly kindness, *charity*. He sums it up with this promise in II Peter 1:10: "Wherefore the



© 2007

Visit: www.moretolifetoday.com for Terms of Use



rather, brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall.”

This Scripture indicates that we did not initially have these things, but we are going to add to what we do have--which is *faith*.

- **Plan Well**

Finding balance is about finding order, planning well, and then executing the plan. And, yes, even handling emergencies that occur frequently. A balanced woman has a plan and knows where she is going. She does not just beat the air but works faithfully each day at keeping her priorities. Our priorities should include God being first, and then prioritizing family, time for self, others, responsibilities, jobs, etc. She plans her work; then she works her plan.

- **Take Time for God**

A constant relationship with Jesus Christ is essential for a woman to be balanced. As our first priority, this colors everything else we do. Find time each day to spend moments in prayer with the One who calms spirits, who heals broken hearts, who gives inspiration, direction, and strength for the tasks that await you.

“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you” (Matthew 6:33).

During this time of prayer have a notebook and pen with you, and as things come to your mind write them down. By writing them down, you will not forget them, and then you can deal with them *after* prayer. This practice will alleviate distractions, and you will be able to keep your mind focused on prayer.

- **Take Time for Family**

Titus 2:4-5 instructs older women to teach the younger women “to be sober, to love their husbands, to love their children. To be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed.”

The central theme of Paul’s discourse is the family. It is important for young women to teach their children about God, how to live and love, and bring them to salvation.” Not only will it lead them to salvation it will also help to take care of their needs emotionally and physically, and teach them how to mature properly and become fulfilled. A family is a big responsibility and should be looked upon not only as a duty but a privilege that has God placed in your hands.



© 2007

Visit: www.moretolifetoday.com for Terms of Use



▪ **Take Time for Self**

Each of us has the same amount of time. It is how we spend our time that makes the difference. We need to be good managers of our time. It is important for each of us to have some time alone doing something enjoyable, or to take time and spend it in having fun with others. This fun time feeds our soul and spirit and makes us better women. It enables us to have a calm spirit in our dealings with others.

Life Reflection:

Take a moment to write down what you feel are the highest priorities in your life. Next, examine how you spend your time. Does the way you spend your time truly reflect your priorities or are you out of balance?

Do you feel that you allow enough time in your daily schedule for God, your family, yourself, and others?

Stress is a part of each of our lives. It is very real. Prolonged stress accompanied with tension will eventually show on our face. Stress has a familiar pattern: worry, strain, and nervous tension accompanied with a frenzy of rush and hurry. It is a feeling of having too much to do, too many problems, feeling driven and distraught. Stress causes us to become mentally and emotionally upset. We are out of balance!

Handling stress is finding balance in our life. Jesus gave the secret two thousand years:

“Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?” (Matthew 6:25-26).

He is saying, “Don’t worry or be full of anxiety. Relax! Let Me help you with the unknown and with the cares of life.”



© 2007

Visit: www.moretolifetoday.com for Terms of Use



Life Response:

People can be demanding of us. Schedules become jammed, tension becomes the norm, and we take on too much with too little time to do it. Many women are “givers.” They give and give, even when their strength is depleted and they feel drained. They just keep saying, “Yes, I’ll do it,” all the while their spirit is crying out for some rest. How does one say no? It is very simple. Just say no! If you are fatigued from doing too much and the joy you once knew is gone, your family may be getting the leftovers of your life.

A group of Americans exploring Africa had hired native guides. Each day they pushed the guides to go faster and a little bit farther, until one day the guides sat down and refused to go. The Americans could not understand this and asked, “Why do you sit down when we have so far to go?” The guides replied, “We are letting our soul catch up with our body.”

To maintain good emotional balance we must put God and His Word on our daily calendar. Do not pencil Him in, write it with indelible ink. Women who leave God out welcome stress in—and become stressed out. Learn to soar as promised in Isaiah 40:31:

“But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”

Choose this day to seek God first, and He will help you as you listen quietly to the great plans He has for your life. He will teach you how to balance all things well!

My Prayer:

Dear God, help me each day to have balance in my life. When I allow life’s activities, stresses, and worries to get me off balance, may I hear Your gentle voice reminding me of what is most important. Let me never forget that my relationship with You is my first priority.



© 2007

Visit: www.moretolifetoday.com for Terms of Use



More Life with God References:

Proverbs 25:28
Proverbs 31
Luke 10:38-42
II Peter 1:2-8

(Adapted from *This Is Life . . . And I Need Answers*, ©2004, Word Aflame Press, Hazelwood, MO 63042.)



© 2007

Visit: www.moretolifetoday.com for Terms of Use