

Balance



"I can say from experience that 95% of knowing the will of God consists in being prepared to do it before you know what it is."

DONALD GREY BARNHOUSE



PRAY FIRST: In our unworthiness and provocations make us grateful for the means of grace and the ordinances of religion and teach us to profit by them more than we have done.

Understanding the Truth

Discussion

- What things go neglected when your life gets out of balance?
- How do you start to feel when things are out of balance?
- How does it affect your relationship with others?

King Solomon said in Ecclesiastes 3:1, *“There is an appointed time for everything. And there is a time for every event under heaven.”*

A children’s dictionary defines balance in this way:

Your balance is your ability to keep steady and not fall over...
And if you balance something, you keep it steady and do not let it fall.

That’s a pretty good working definition of the balance that we seek in our lives. Are you keeping your life (*spiritual, family, job, health*) steady? Or, do you feel like you are about to fall over? In Ecclesiastes 3:1, the wise king Solomon tells us that God has so sovereignly designed life that there is a proper time for every event that comprises our lives. If this is the case, why do we struggle to find balance?

There are four principles that will help you to keep steady in life.

A. Know your priorities.

Solomon did not say you can do everything under the sun, but there is an appointed time for every event. The question is, what are the biblical priorities?

1. Your Maker—your relationship to Him through Christ.
2. Your Marriage—your covenant with Him and your spouse.
3. Your Ministry—your stewardship of your gifts and place in the body of Christ.

B. Place your energy where it matters most.

In other words, remove time wasters.

In Luke 2:52, the Gospel historian and apostle tells us that Jesus developed in four areas of His life—*“And Jesus kept increasing in wisdom and stature, and in favor with God and men.”*

1. Your spiritual life—*“favor with God”* (your relationship with God)
2. Your intellectual life—*“wisdom”* (your understanding of life and how it is to be lived)
3. Your physical life—*“stature”* (your health)
4. Your social life (your relationships with others)

C. Recognize warning signs when it gets out of balance.

1. The first thing that *goes* is the time with God in the Word and prayer.
2. The second thing that *rises* is the lack of patience with others.
3. The third thing that is *felt* is a lack of contentment (satisfaction in Christ and with your station in life) (*Philippians.4:10-12*).

D. Replace energy zappers with energy boosters.

1. Energy zappers can be *negative and unspiritual people*. Energy boosters are growing disciples (*1 Corinthians 15:33; 2 Timothy 2:22*).
2. Energy zappers are *sinful or questionable activities* that muddy your conscience. Energy boosters are God honoring and self-giving activities that glorify the Lord (*1 Corinthians 15:10*).
3. Energy zappers are *unproductive activities like worry or procrastination* (*Matthew 6:27*). Energy boosters are the times when we learn to take everything to the Lord in prayer with thankfulness (*Philippians 4:6-7*).

Embracing the Truth

Knitting the truth of God's Word into our lives



APPLICATION

Being a doer of the Word

1. What did I learn ("teaching")?
2. Where do I fall short ("reproof")?
3. What do I need to do about it ("correction")?
4. How can I make this a consistent part of my life ("training")?



ACCOUNTABILITY

Placing yourself in transparent and accountable relationships

How are you doing in the area of **DISCIPLESHIP** and **GROWTH**?

- Assess your consistency with satisfying personal devotions:

(Unstable) 1 2 3 4 5 6 7 (Stable)

- Are you implementing your Personal Disciple-making Plan? Yes/No/Somewhat
If not, in which areas are you struggling and how do you plan to adjust?
- What scripture have you memorized this week?
- Who have you shared the Gospel with this week and how did it go?
- What other ways this week have you worked to make disciples?

Obeying the Truth—your mission this week

Engaging the lost through word and deed with the intention of imparting the Gospel



- Invite others to a bible or topical study at a coffee shop, café, or diner.



MEMORY VERSE FOR THE WEEK: John 10:10

"The thief comes only to steal and kill and destroy; I am that they may have life, and have it abundantly."



EXTRA RESOURCES FOR THE VAULT

DeYoung, Kevin. *Crazy Busy*. Wheaton: Crossway. Print. 2013

Edwards, Jonathan. A Puritans Mind. *"The Preciousness of Time and The Importance of Redeeming It"*.

<http://www.apuritansmind.com/puritan-favorites/jonathan-edwards/sermons/the-preciousness-of-time-and-the-importance-of-redeeming-it/>. Web. December 1734.

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Unless otherwise noted, all Scripture references are from the New American Standard Bible: 1960, 1962, 1968, 1971, 1972, 1975, 1977, 1995 by the Lockman Foundation.