It’s All About Balance

You and I live in a day when so much of life is out of balance.

As a coach, consultant and counselor I meet with people regularly who believe their lives are out of balance. After listening to them weave their tale of weariness, burnout, and dissatisfaction with their lifestyle, I concur with them that they need balance in their lives.

Life may be out of balance when….

• You are so tired that you can’t see straight.
• There is no light at the end of the tunnel.
• You drop some of the balls you are juggling.
• Burnout and depression is knocking on your door.
• You are running and gunning and getting nowhere.
• An over-busy, coming and going lifestyle leaves you wondering where life is heading.
• Life feels upside down because priorities are out of order.
• You are an extremist, not realizing there is a middle in life.
• Your friends advise you to slow down before you fall down.
• You are not sure which end is up.
• You feel guilty when you kick back and relax.
• When you aren’t getting to do what you really like to do.
• You lost track of what day it is and what you are supposed to be doing.
• You spend way too much time on some things, way too little on others.
• You can’t find time to pray and do your devotions.
• You are driving your family crazy!
• The Holy Spirit keeps whispering “Be still and know I am God” and you don’t pay attention.
• You haven’t had FUN in a long, long time.

Balance simply means to bring into harmony and proportion. How about your life? Is it harmonious? Are the many aspects of your life in proper proportion? Is your life orderly, purposely pursuing priorities that present a balanced life?

Balance brings stability, sanity, peace and order to an insane world. Imbalanced living produces an unhealthy lifestyle. Balanced living produces a healthy, and I will add, a happy lifestyle.

For years I struggled with out of balance living. My life was marked by extreme attitudes and activities that left me burned out. At times, my unbalanced life was like an
unbalanced tire on my car: BUMPY! Unchecked imbalance can lead to instability, insecurity and possibly insanity (doing the same thing over and over again expecting to get a different result). I believe from firsthand experience that life out of whack produces whackos! Not necessarily a crazy person, but a crazy lifestyle that leaves us feeling a little crazy.

**Life Is A Balancing Act**

Let’s face facts: you and I have a lot on our life plates! At times we feel overwhelmed. So much to do with so little time. Life’s demands push and pull on us from every direction, pressuring us to perform, stressing us out as to what to do first and next. Accomplishing all we need to do is a juggling act that needs to be balanced.

Balance is part of our natural, secular life. Balanced checkbooks and budgets. Balance beams in gymnastics. We balance our automobile’s tires for a smoother ride. Balanced diets promote healthy bodies. Scales have to be balanced to be accurate. Our brains and hearts have to have a chemical balance to function normally.

Our spiritual life, marriage and family, career, hobbies, finances, health, causes we believe in, service to the community…have to be balanced for us to be successful.

By default, life demands balance. Without balance, life can spin out of control, hurling you and me into an abyss of disorder, confusion, and frustration.

**Life Can Get Out Of Balance In A Hurry**

Have you noticed at how quickly life can get out of balance? Of course you have. If we are not watchful, balance can degenerate into imbalance in a hurry.

I believe imbalance is a trap. A set up to spin our lives out of control. How do you and I fall into imbalances’ trap? Consider these possible pathways to imbalance: Overachievers…. People Pleasers. Human Performers…. Approval Addicts… Workaholics….Ministryholics…Hobbyholics…. People who feel they have to prove something to someone. Do you see yourself in any of the above examples?

We humans are prone to extremism. We go after something or someone with all the gusto we can muster up, consumed with the object of our desire or passion, while neglecting to keep other areas of our lives in balance.

Obsession can lead to depression. Burning the candle at both ends can leave us burned up in the middle. Incessant running and gunning, hurrying, scurrying and
worrying drains us of energy and dampens hope. Burnout knocks on the door of imbalanced people.

Because life can get out of balance in a hurry, it is vital to healthy living that we keep an eye on our lifestyle, doing our best to prevent imbalance.

**Balance In The Bible**

The Bible, God’s message of love to you and me, is a balanced book. Everything you and I need to live life successfully for time and eternity is revealed in God’s holy Word.

Solomon, in Ecclesiastes 3:1-8, provides a picture of balance in life.

“There is an appointed time for everything, and there is a time for every event under heaven.

A time to give birth, and a time to die;  
A time to plant, and a time to uproot what is planted.  
A time to kill, and a time to heal;  
A time to tear down, and a time to build up.  
A time to weep, and a time to laugh;  
A time to mourn, and a time to dance.  
A time to throw stones, and a time gather stones;  
A time to embrace, and a time to shun embracing.  
A time to search, and a time to give up as lost;  
A time to keep, and a time to throw away.  
A time to tear apart, and a time to sew together;  
A time to be silent, and a time to speak.  
A time to love, and a time to hate;  
A time for war, and a time for peace.

When I read God’s wisdom and truth through Solomon, I see BALANCE! Note how all of the phrases bring BALANCE TO LIFE! God designed His universe to operate according to the principle of BALANCE AND ORDER. That is why creation (nature) and God’s highest creature (you and me) function well when we follow principles of BALANCE. Imagine what would happen if it rained everyday and the sun never shined. We would drown! What would it be like if we suffered from depression and never experienced happiness or joy again? Life would be meaningless and hopeless.

The Word is clear: We can’t work all the time without rest. We can’t grieve forever without rejoicing once again. We can’t search forever. We can’t make war
incessantly. There must be peaceful times. Laughter must balance crying and sorrow…
and so on.

In the New Testament, I believe Paul presents us with balance. In I Thessalonians
5:23, the apostle writes under the inspiration of the Holy Spirit:

“Now may the God of peace Himself sanctify you entirely; and may your spirit
and soul and body be preserved complete without blame at the coming of our Lord Jesus
Christ.”

You and I are three part beings: spirit, soul (mind, will and emotions) and body.
Paul prays that God Himself will sanctify completely (set apart, make pure and holy for
sacred use) our whole person. All three components make us one person. And our spirit,
soul and body must be kept in balance.

To be whole, healthy, and useful to God, we must be diligent to take care of our
spirit, soul and body. Some people look after their bodies and neglect their spirit. Some
people are so soulish, emotionally and mentally involved with life, they neglect their
body. Others are so spiritually minded that they are of little earthly good because they
neglect the care of their bodies and soul.

Spirit…Soul…Body. BALANCE! BALANCE! BALANCE!

**Jesus Lived A Balanced Life**

Jesus lived the most balanced life ever lived. When we study the four Gospels, we
see that Jesus paid attention to the priority of keeping his spirit, body and soul whole,
healthy and productive. I encourage you to study Mathew, Mark, Luke and John and see
for yourself how balanced Jesus was.

Jesus knew when to engage and withdraw. He could weep and rejoice. He could
minister and rest. He could teach on a beach, then sleep in the back of a boat during a
fierce storm. He could cast out demons with authority and power, and hold a little child
on His lap. He could rip the religious leaders for their hypocrisy, and forgive a woman
caught n adultery. He suffered on a cruel cross and forgave the very ones who taunted,
tormented and tortured Him.

**You Can Live A Balanced Life In Christ**

If you want to live a balanced life, model your life after the Lord Jesus Christ. In
his writings, Paul uses the phrase “in Christ” over and over again. As Christians, we are
“little Christs”. Jesus Christ is in us, and we are in Christ. So that means He lives His life in and through all who believe in Him.

Because believers have “the mind of Christ” (I Corinthians 2:16), we can think like He thinks. Jesus thought and lived balance….and so can you and I! With the help of the Holy Spirit, we have the power through Christ’s resurrection to live like He did.

Think about it. Jesus Christ lives in you. What does it mean to you that Christ is in you? How should this truth impact your daily life? How can Christ in you bring more balance, order and harmony to your life? Maybe it is time for you to take a closer at the lifestyle or your Lord and Savior.

Christ-like living for you and me means BALANCED LIVING!

**Benefits and Blessings of Balanced Living**

Balanced living has many positive benefits. God blesses people who strive to keep life in balance.

1. Peace and order is a product of balanced living.
2. Life is less conflicted when life is balanced.
3. Frustration is minimized when balance marks our lives.
4. Balanced living keeps burnout at bay. Balanced people are burnout beaters.
5. Priorities are easier to maintain when life is balanced.
6. Spiritual, mental, emotional, physical, and relational health is a major benefit and blessing of a balanced life.
7. People we care about enjoy being around us when our life is not out of balance.
9. Sleep is sweeter and deeper when we keep life balanced.
10. It is easier to hear from God when life is less chaotic.

**How You Can Maintain Spiritual And Emotional Balance In Your Life**

Put into practice these practical, achievable items to ensure balance living.

1. Ask God regularly if your life is out of balance in any way.
2. Listen to your mate when they think you are out of balance.
3. Study and imitate the lifestyle of Jesus Christ.
4. Confront your extreme behaviors and rein them in.
6. Establish regular times for personal spiritual and emotional refreshing and renewal.

7. Find an accountability partner who will get in your face from time to time to help you stay balanced.

**Life Balance Check-Up**

1. Where is life out of balance for you? Be specific

   How is your spirit? Close to God?

   How is your body? Healthy or unhealthy?

   How is your soul? (mind, will and emotions)(thinking, feelings, and decision-making)

2. How did your life become so unbalanced? How did you get off track?

3. What do you need to do to bring balance to your life?

4. Here is what I will begin to do today to balance my life.

   1.
   2.
   3.
   4.
   5.

5. I will ask God to help me keep my life balanced according to the Bible.

   Lord, help me to ____________________________.

* Thank you Lord for helping me to restore balance to my unbalanced life.

“But they who wait upon the Lord will gain new strength; they will run and not be weary, they will walk and not faint.”

   **Isaiah 40:31**

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