

Living a Balanced Life

1- Objectives

- ❖ Learn to lead a well balanced life spiritually, psychologically, physically and emotionally

2- References

- ❖ Youth Curriculum for HG Bishop Moussa
- ❖ <http://www.devotional.net/uploads/147/95730.pdf>

3- Scriptural Verse

- ❖ “And Jesus increased in wisdom and stature, and in favor with God and men” (Luke 2: 52)

4- Lesson Outline

Our lives can be likened to a car with four wheels:

1. Physical wheel: these are our needs for rest, nutrition, and exercise...
 2. Emotional wheel: these are our needs for love, family, friendships, a support group...
 3. Spiritual wheel: this is our relationship with God.
 4. Psychological need: a need to work, develop and achieve something...
- ❖ Being balanced in all four areas gives one a sense of satisfaction and well-being; when we are unbalanced we many times feel that our lives are empty, unfulfilling and this leads us to be depressed.

How can we lose this balance?

- ❖ People who concentrates too much on work, and leave all other areas of their life unattended to, usually feel burned out. People who focus only on the emotional side of life usually feel a low sense of self-worth because they aren't achieving anything that is worthwhile.
- ❖ Many times we create the unbalance in our lives by focusing too much on one aspect of our lives and neglecting the rest. This goes back to what we value as important, if our physique is where we find our value then we will spend our time cultivating out bodies, if it is our work or relationship then the same will happen.
- ❖ Sometimes the world imposes this imbalance on us, for example if you live during a time when unemployment is high, you may sense an imbalance in your life which may leave you feeling depressed and anxious; Or if you live in a society that focuses more on what you achieve and a sense of individualism rather than your relationships with family and friends, you may be feeling quite lonely even though you may have everything you desire and are able to buy everything you desire.
- ❖ Sometimes a crisis or deadline at work may create this imbalance as you have to spend more time at your job than with your family, friends, being at church, etc.
- ❖ Technology nowadays is a huge culprit of creating imbalance in our lives, social networking sites have become our emotional outlet; surfing the internet takes away from our sleep time, etc.

What should we do?

- ❖ As Christian disciples we should daily examine our life and weed out the factors whether they are internal or external that is creating the imbalance.
- ❖ Martha had a very important and essential job to do, the Lord Jesus and His disciples were coming to her house probably after a long, hot day of ministering to the multitude. They were probably hungry and tired (Luke 10:38-42); she had to feed them, and the Lord Jesus would have wanted her to feed them because He never neglected the hungry and always made sure that they were fed.
- ❖ Mary on the other hand, sat at the Lord Jesus' feet, neglecting the chores that needed to be done and just enjoyed looking up at the Lord Jesus and hanging on to His every word.
- ❖ Our Lord response to Martha's request that Mary help her reveals to us how God wants us to set our priorities; she pretty much asked the Lord Jesus to judge between her and her sister because she assumed that she was in the right and Mary in the wrong.
- ❖ Our Lord tells her that she is overly consumed with the things of the flesh. He didn't tell her to stop making preparations and come sit next to Mary but He pretty much told her that she was going overboard. A simple meal would have been sufficient.
- ❖ The most important thing in life is to cultivate our relationship with Him just as Mary was doing. Mary sat in His presence and enjoyed an intimacy with Him, while Martha was losing out on that. the Lord Jesus didn't want Martha's food, He wanted Martha's heart.
- ❖ God doesn't tell us to give up on our duties in life, He wants us to do them well but He wants to be number one in our lives.

How do we make God number one in our lives?

- ❖ We set the first fruits of our day to God, that means when I get out of bed, I get on my knees in prayer and start off the day with Him.
- ❖ Don't squeeze time with God into a busy schedule, rather build your schedule around prayer time. Don't schedule appointments that eat in to your prayer time.
- ❖ Learn to say "NO" to activities that will take you from your prayer time or Bible time
- ❖ Do all your activities wholeheartedly for the Lord. Every work or task you are given is a gift from God. This was why Joseph was so successful because he did his work faithfully and therefore God blessed him.
- ❖ Know your limits in your activities – this differs from person to person, so don't compare yourself to others. Martha became overwhelmed by all her work and lost enjoyment in it. Our Lord's solution to her was to tone it down.
- ❖ Use technology wisely and don't be used by it.
- ❖ Get enough sleep and go to bed at a reasonable time so that you don't sleep in and not have time to spend with God.
- ❖ During times that you are depressed or hitting an emotional low, examine your life and see if you are living out of balance in one of the areas mentioned above.

5- Conclusion

- ❖ Having a balanced life is a very Christian way to live according to our Lord's example Who; speaking of humanity in His incarnation; was increasing in wisdom and stature, and in favor with God and men.
- ❖ Organize your time and put priorities for your works and do not let an activity dominate over the others.
- ❖ Examine your life and judge yourself everyday and depend on our Good Lord who will strengthen you.

6- Activities / Discussion Points

- ❖ Read together and discuss the story of Moses and his father in law and how did he obey him to organize his time and efforts so he will not be exhausted and be able to accomplish his mission safely (Exodus 18: 14- 28).