

Are You A Balanced Person?

Every human life is like any journey, full of ups and downs, curves and straight stretches, rough and smooth roads.

Life is made up of sleeping, eating, working and interruptions.

As one comic put it “*every time I get my life all together, somebody moves one part.*”

To be a truly balanced person we must align our life with God’s Will.

Let me give you some simple tools to make the changes needed to realign and balance our lives.

Be faithful in little things.

Matthew 25:21 [NIV] “*His master replied, ‘Well done, good and faithful servant! **You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!**’”*

God tests our attitude by giving us small things to do before He gives us more responsibilities.

When given a job to do, do it to the best of our ability.

Ephesians 6:7-8 [NIV] “***Serve wholeheartedly, as if you were serving the Lord, not men, because you know that the Lord will reward everyone for whatever good he does, whether he is slave or free.**”*

When given a responsibility do it with all our heart and without expecting public recognition. If praised accept it gratefully and humbly.

Honour others above ourselves.

Romans 12:10 [NIV] “*Be devoted to one another in brotherly love. **Honour one another above yourselves.**”*

This includes parents, the elderly, the young, the weak, the strong, bosses, government officials and especially God the Father and Jesus Christ.

Don’t put ourselves down.

But don’t elevate ourselves. Insecurity is often the root of both self-depreciation and self-promotion and both can cause an unbalanced approach to life.

John 15:14-16 [NIV] “*You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master’s business. Instead, **I have called you friends, for everything that I learned from my Father I have made known to you. You did not choose me, but I chose you and appointed you to go and bear fruit, fruit that will last. Then the Father will give you whatever you ask in my name.**”*

As Christians we are the friends of God.

Isaiah 64:8 [NIV] “*Yet, O LORD, you are our Father. **We are the clay, you are the potter; we are all the work of your hand.**”*

As human beings we are but clay [dirt] in the hands of God the Potter.

Realising both the above helps us have a balanced attitude to life.

Be balanced in our personal conduct.

1 Timothy 3:1-12 [NIV] *“Here is a trustworthy saying: If anyone sets his heart on being an overseer, he desires a noble task. **Now the overseer must be above reproach**, the husband of but one wife, temperate, self-controlled, respectable, hospitable, able to teach, not given to drunkenness, not violent but gentle, not quarrelsome, not a lover of money. He must manage his own family well and see that his children obey him with proper respect. (If anyone does not know how to manage his own family, how can he take care of God’s church?) He must not be a recent convert, or he may become conceited and fall under the same judgment as the devil. **He must also have a good reputation with outsiders**, so that he will not fall into disgrace and into the devil’s trap. Deacons, likewise, are to be men worthy of respect, sincere, not indulging in much wine, and not pursuing dishonest gain. They must keep hold of the deep truths of the faith with a clear conscience. They must first be tested; and then if there is nothing against them, let them serve as deacons. In the same way, their wives are to be women worthy of respect, not malicious talkers but temperate and trustworthy in everything. A deacon must be the husband of but one wife and must manage his children and his household well.”*

Instructions given for elders and deacons, but we can all learn from these examples of a balanced life.

Guard against extreme attitudes and actions.

1 Corinthians 16:13 [NIV] *“Be on your guard; **stand firm in the faith**; be men of courage; be strong.”*

To be balanced we need to bring every part of our lives under control through self-discipline.

We can do this with the help of the Holy Spirit.

We start small and master one area before we move to another.

Such changes in our lives will take time, and there are some things we will be unable to change.

We cannot change things we have done in the past.

We can only ask God’s forgiveness and repent, not make the same mistake again.

Some changes cannot be made immediately [being single, suffering from money needs or health problems].

These must be accepted and placed in God’s hands, relying on Him to help and encourage us.

Philippians 1:6 [NIV] *“being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.”*

We are called by God to a life of change.

These changes can and will be made when we seek a close relationship with our Creator God the Master Potter who wants to mould our lives to reflect His own.

When we are shown that our life is unbalanced in some area, plan to change and then aggressively pursue that plan.

Ephesians 5:15-17 [NIV] *“Be very careful, then, how you live, **not as unwise but as wise, making the most of every opportunity**, because the days are evil. Therefore do not be foolish, but understand what the Lord’s will is.”*

Time is short and we need to take every opportunity to make the changes needed in our lives.