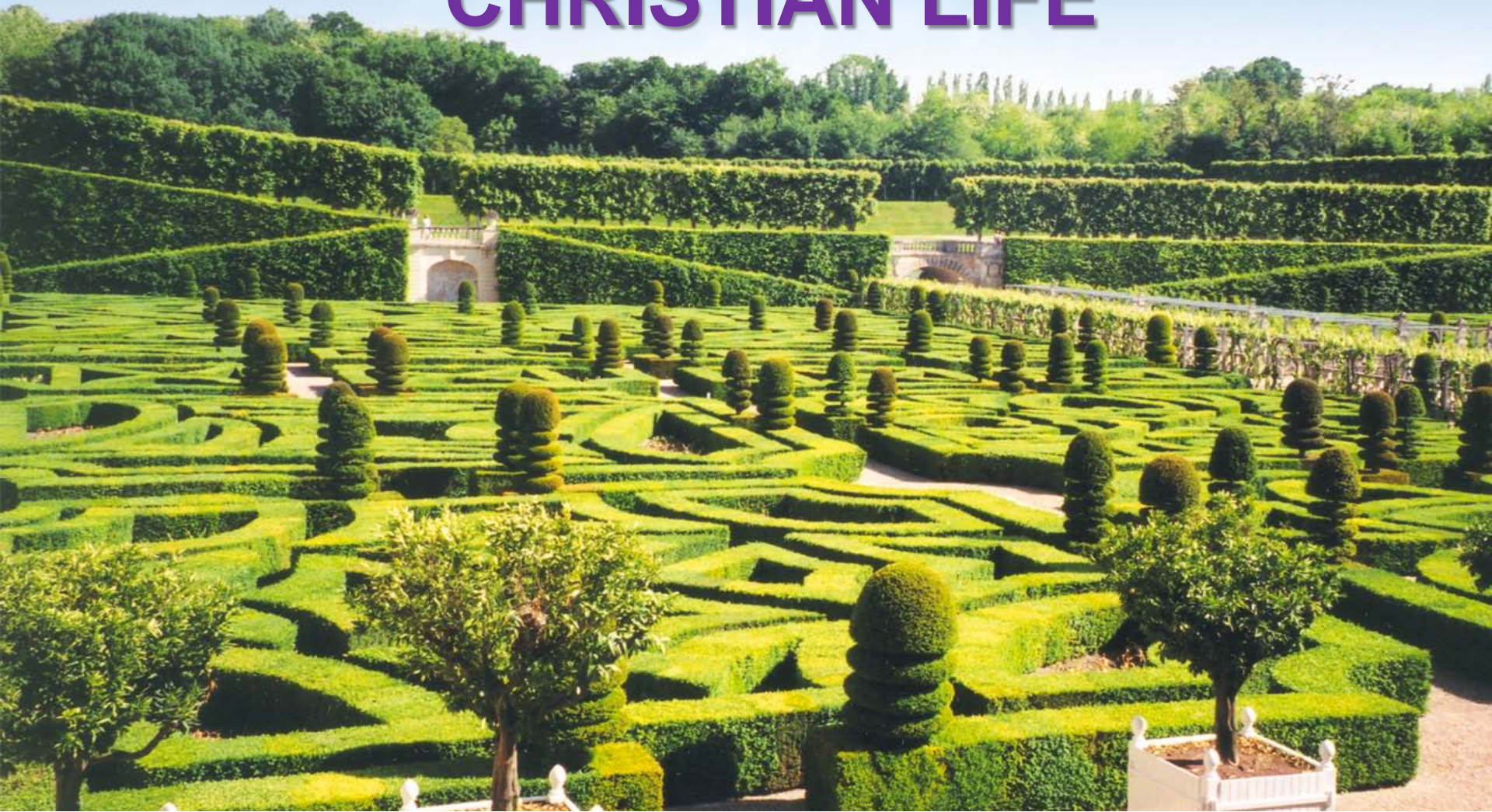


LIVING A BALANCED CHRISTIAN LIFE

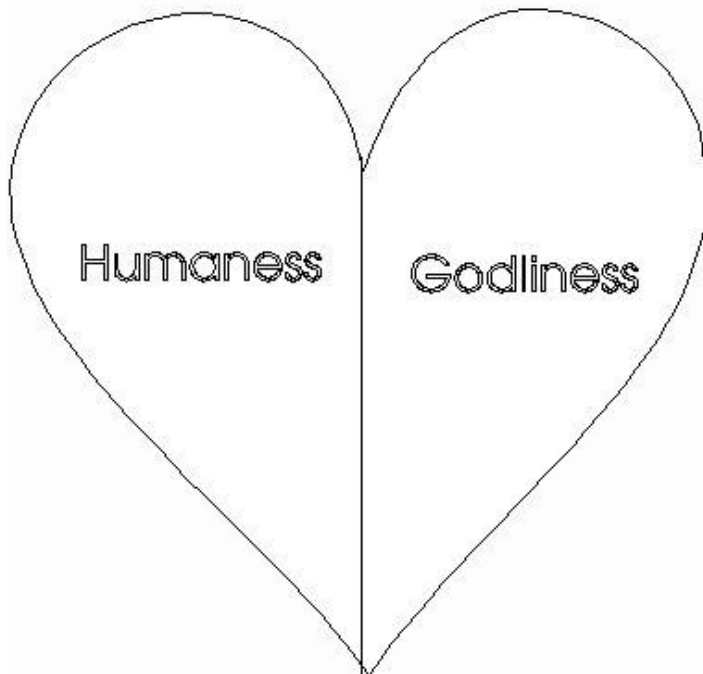


B & P Retreat, 27 – 29 Aug, 2011

THE IMPORTANCE OF BALANCE

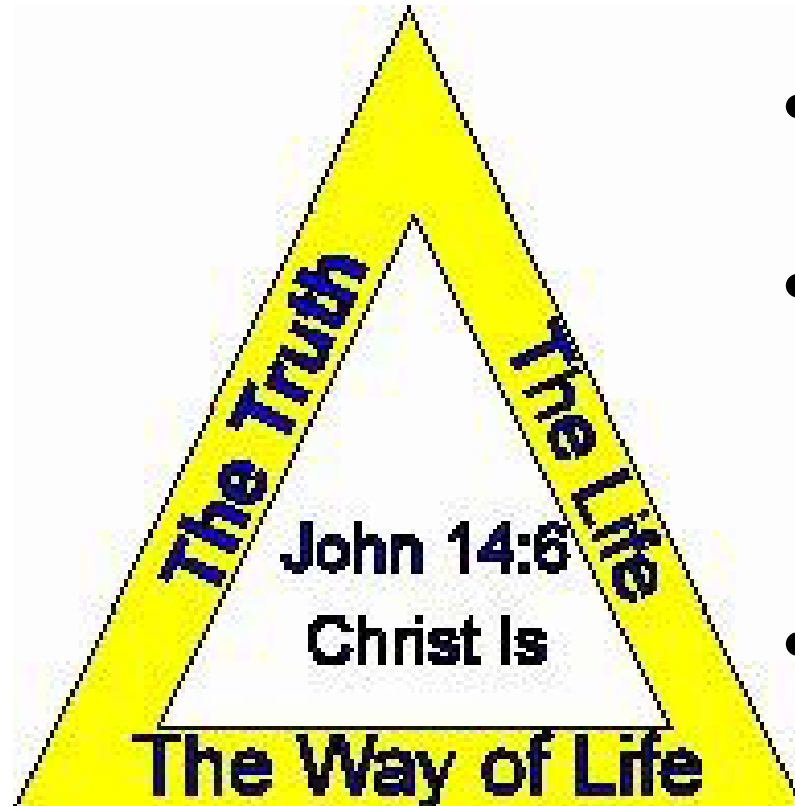
“The man who fears God will avoid all extremes”

Proverbs 7:18c



- Gnosticism – Can't allow for anything in the flesh (see [1 John](#))
- Narcisisticism – spend too much time admiring the flesh

BALANCE AVOIDS EXTREMES



- Truth Only → Intellectualism
- Life Only → Fanaticism (i.e. emotional / experiential only)
- Way Only → Phariseeism / Rules

BALANCE PROVIDES SECURITY

Wrestler – the stance one takes makes the difference whether he can be pulled or pushed off-balance

Sportsman – be it in tennis, football, etc

Riding a Bicycle and moving forward






Satan is constantly pressuring us to be off-balance

BRINGING BALANCE TO OUR LIVES

Jesus grew in

- Wisdom (Intellectually)
- Stature (Physically)
- Favour with God (Spiritually)
- Favour with Men (Socially)

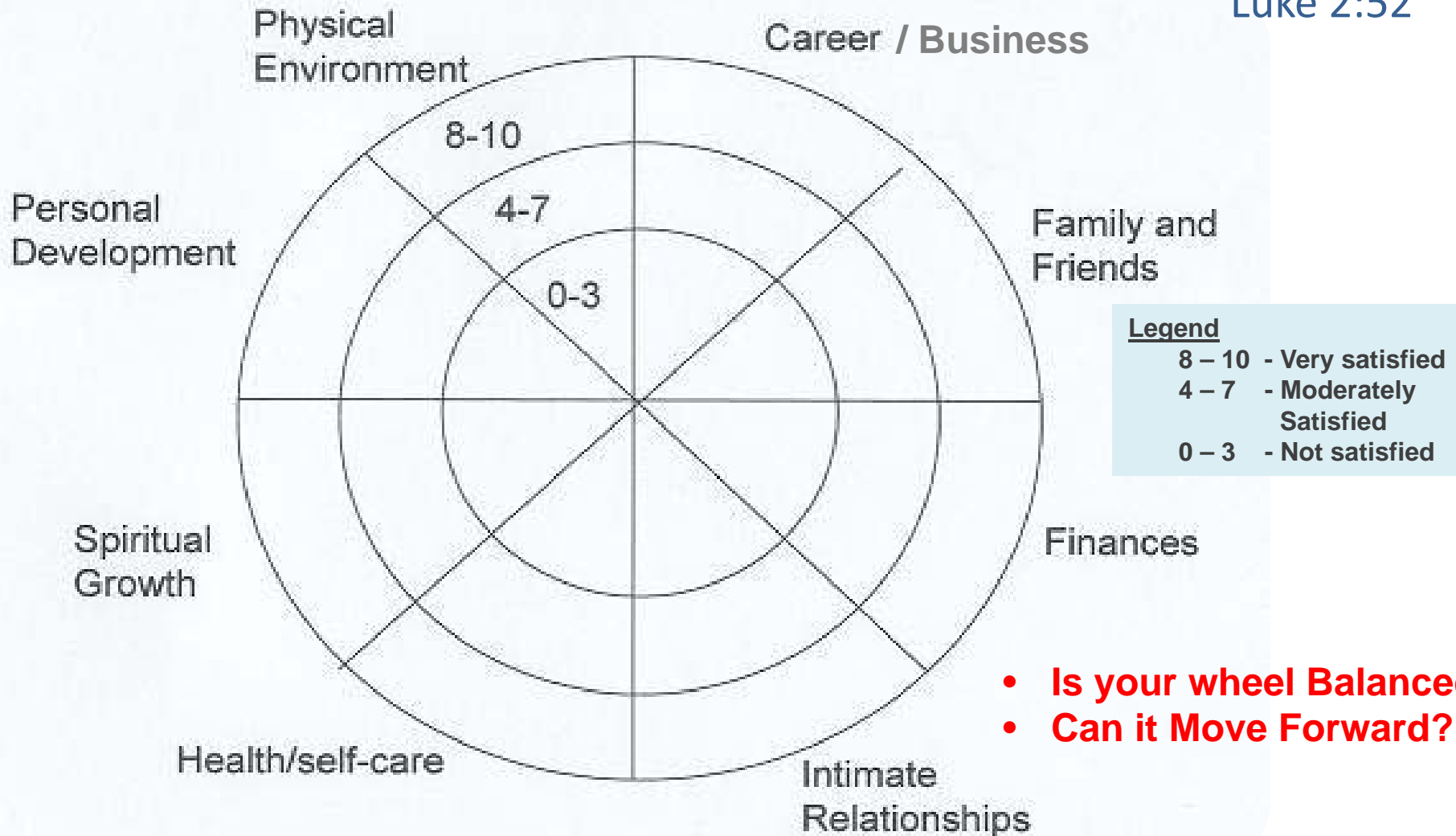
Different Areas of Tensions & Struggles

- Time at Work  Time with Family?
- Save Money to invest in business  Too hard and tight on our personal and family budgets?
- Expand Business / Pursue Career  Cut back in order to develop spiritually, socially, etc
- Spending Time in Crowds  Spending more time by myself or with a few key men / with the Lord
- Travel More  Stay back more and communicate through other means

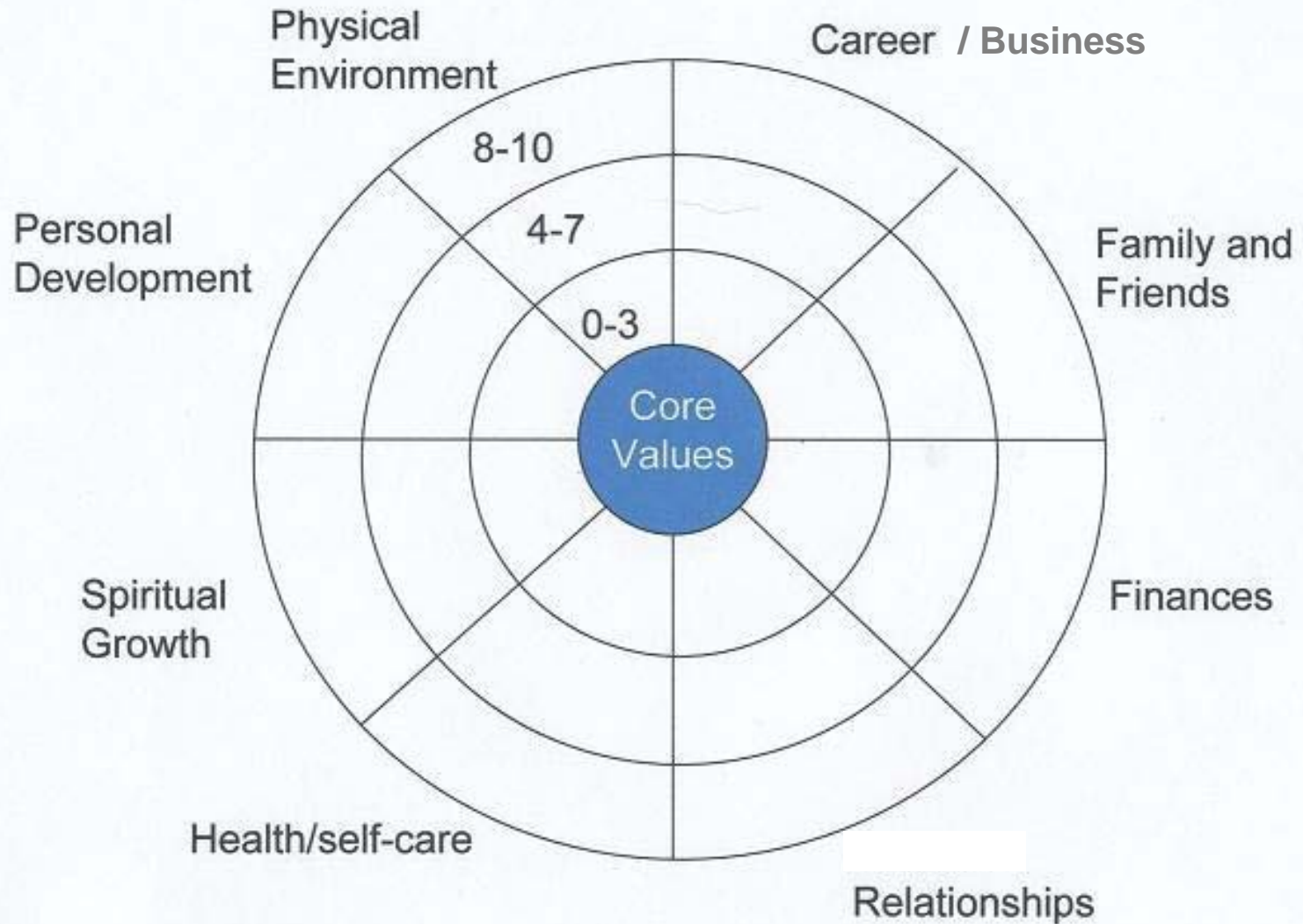
THE WHEEL OF LIFE

“Jesus grew in wisdom and stature and in favour with God and with man”

Luke 2:52



YOUR CORE WILL BALANCE YOUR LIFE



DETERMINE & LIVE YOUR CORE VALUES

In making life decisions, I value these

- _____
- _____
- _____
- _____
- _____
- _____

These are very valuable to me ...

- _____
- _____
- _____
- _____
- _____
- _____

These are not valuable to me ...

- _____
- _____
- _____
- _____
- _____
- _____

Knowing your Core makes it easy to say “no” to what doesn’t fit and “Yes” to what does!

CHOOSING YOUR CORE VALUES

Cooperation	Variety	Accuracy
Conformity	Recognition	Tolerance
Competition	Power	Advancement
Stability	Prestige	Perseverance
Competency	Fairness	Generosity
Responsibility	Loyalty	Tradition
Efficiency	Artistic expression	Authenticity
Learning	Personal Development	Balance
Service	Influence	Financial Security
Control	Independence	Leisure
Love	Religious Beliefs	Nature
Souls	Family	Godly Heritage
Friendship	Flexibility	Aesthetics
Happiness	Humor	Integrity
Contribution	Challenge	Peace
Wisdom	Self-Respect	Spiritual Impact
Achievement	Creativity	Physical Fitness & Health

APPLYING YOUR CORE VALUES TO YOUR DAILY LIFE

- Compare your Core Values List with the Wheel of Life.
 - ✓ Does your investment of time, resources and energy fit with what you believe?
 - ✓ What is needed to change?

APPLICATIONS / CHANGES NEEDED

EXAMPLES:-

1. “Family” is very important valuethen taking a job that requires you to travel Mon to Friday is directly opposite

Possible Applications:

- Consider negotiating job specs with boss or find another job
- Plan early in the year
 - ✓ a week away with your spouse only
 - ✓ a week away with family
 - ✓ Etc

2. “Souls are top value then overcommitments leave no time to relate to “Lost”.

Possible Applications:

- _____
- _____

IT ALL BEGINS WITH CHRIST

“ For whatever were gains to me, I now consider as loss for the sake of Christ. What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage that I may gain Christ”

Phil 3:7,8

THE WHEEL ILLUSTRATION



CHRIST IN THE CENTRE

Unless Christ is in the Centre of your life, you are already off-Balance!

- John 15:5
- Gal 2: 20
- 2 Corinthians 5:17
- Col 1:27

Just as the driving force in the Wheel comes from the hub, so the power to live the Christ life comes from Christ in the Centre.

THE WORD

The Spokes show the means by which Christ's power becomes operative in our Lives. God speaks to us primarily through His Word.

- Ezra 7:10
- 2 Tim 3:16
- Joshua 1:8

5 ways to ensure balance intake of the Word

- Hand Illustration

PRAYER

Through prayers we have direct communications with our Heavenly Father.

- Joshua 15:7
- Phil 4:6,7
- Matt 7:7

4 ways to ensure balanced Prayers

- A
- C
- T
- S

FELLOWSHIP

Our Relationship with fellow believers for mutual encouragement, admonition and stimulation

- Matt 18:20
- Hebs 10:24,25
- 1 John 1:3

Ways to create and strengthen Fellowship?

- Fellow brother
- Fellow soldier
- Fellow worker

WITNESSING

All the other “spokes” prepare us for passing on to others all that we have received from the Lord – sharing our experiences, explaining and affirming the gospel.

- Rom 1:16
- Matt 4:19
- 1 John 1:3

Ways you can do this?

- _____
- _____

OBEDIENT CHRISTIAN IN ACTION

The Christian Living out Christ's Lordship through wholehearted obedience, day by day with Him.

- John 14:21
- Rom 12:1,2

Ways we live in obedience in the world but not of the world?

- _____
- _____
- _____

Thank
You