

ALL LIFE'S DEMANDS

Essentials for Personal Growth - Part 1 of 5
July 3-4, 2010

“A man of understanding and knowledge maintains order.”

Proverbs 28:2

“For God is not a God of disorder, but of peace.”

1 Corinthians 14:32

“There is a time for everything...”

Ecclesiastes 3:18

GOD WANTS US TO LIVE BALANCED LIVES

I. THE PROBLEM OF IMBALANCE

Most people tend to work on the **PUBLIC** areas of their lives and let the **PRIVATE** areas slide.

Am I “overexposed” and “underdeveloped”?

Two Results:

1. **FRUSTRATION.**
2. **FATIGUE.**

II. THE AREAS OF YOUR PERSONAL LIFE

Jesus -- our example of perfect balance.

Luke 2:52

The Four Areas:

1. **MENTAL BALANCE.**

“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.”

Romans 12:2

2. **PHYSICAL BALANCE.**

“Don’t you know that you’re bought with a price. You’re not your own. Therefore glorify God in your body.”

1 Corinthians 6:19-20

3. **SPIRITUAL BALANCE.**

“Grow in grace and the knowledge of our Lord and Savior Jesus Christ.”

2 Peter 3:18

4. **EMOTIONAL BALANCE.**

“The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.”

Galatians 5:22-23

III. HOW TO GET STARTED

(in balancing your personal life)

1. **TAKE INVENTORY.**

“The wisdom of the prudent is to give thought to their ways but the folly of fools is deception.”

Proverbs 14:8

“A simple man believes anything but a prudent man gives thought to his steps.”

Proverbs 14:15

2. GET SOME **MARGIN** IN YOUR LIFE.

- Accept My Human Limitations.

“I have learned that everything has limits...”

Psalms 119:96 (Good News)

“Our time is limited. You, God, have given us only so many months to live and have set limits we cannot go beyond.”

Job 14:5

- Put Space In My Schedule.

“Only someone too stupid to find his way home would wear himself out with work.”

Ecclesiastes 10:15

3. ESTABLISH CHRIST AT THE **CENTER OF MY LIFE.**

“But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”

Matthew 6:33 (NKJV)