

Pastor Andy began this week's sermon with an illustration of his lawn mower, which was mowing the grass unevenly. The repairman said there was "just a little imbalance in the blade." That slight imbalance made a noticeable difference. Your life can be much the same as it is capable of becoming imbalanced as well. However, God wants you to live a balanced life as indicated in the Bible where it says, "For God is not a God of disorder, but of peace." 1 Corinthians 14:33. This week, Pastor Andy talked about the balanced life in his sermon "All Life's Demands," which is Part 1 of the 5-part series "Essentials for Personal Growth."

Your life is prone to becoming imbalanced if you work more on your public life than your private life. Since most people see your public side and rarely see your private side, it is easy to let the private side slide. A tire that is out of balance can result in uneven wear and blowouts, just like a life that is out of balance can result in frustration and fatigue. A good question to ask is "Am I overexposed and underdeveloped?" This will help you assess your balance in areas such as Bible reading, prayer, small groups, eating, and exercise.

There are four main areas of your personal life where you should strive to maintain balance. Mentally, you have the power to control what goes into your mind. The Bible says, "Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind" Romans 12:2. Physically, you should maintain your body in order to perform the ministry for which God designed you. You should strive to have the "intellectual" knowledge of the faith and to grow spiritually as well. Finally, you should maintain emotional balance and not be prone to mood swings.

Getting started in balancing your personal life first requires you to take inventory. While it is easy to think of the "other drivers" on the road as being in the wrong, but the Bible teaches the importance of self-assessment when it states, "A simple man believes anything but a prudent man gives thought to his steps" Proverbs 14:15. You should also get some margin in your life by accepting your limitations and putting some space in your schedule. Finally, ensure that Christ is at the center of your life. Just like the hub of a wheel helps drive the wheel, whatever is at the center of your life will be your driving force.

Pastor Andy mentioned a study, which found that the number one quality successful people had in common is balance in their lives. They understood the importance of maintaining proper balance. God created everything with perfect balance, and He intends for you to have that same balance in order to be the best you can be while you're here on this Earth. What are the areas your life that you need to put back into balance?