

Mind Your Own Balance

I remember hopping on one foot in gym class when I was a kid. I had a golf pro who wanted me to practice my golf swing while standing on one foot. And my chiropractor tells me one leg is longer than the other.

Is it any wonder I can't walk a straight line? Some would say, "You're just out of balance."

When I hear about balance issues, I tend to discount it because I know my own balance points. I'm usually quick to receive wise counsel, but I think I am aware of when I'm hopping on one leg.

I read an article from Charles Garfield who was a lead researcher at the Peak Performance Institute. He wrote about a study of 1,500 high achievers from all walks of life. The goal of the study was to find common denominators of high performers. He found the most common ingredient is balance. High performers live a well-rounded life. High achievers can achieve extreme focus and live a balanced life.

Jesus was perfect in all ways, so he must have lived in balance. *"And Jesus increased in wisdom and in stature and in favor with God and men"* (Luke 2:52, MEV).

Obviously, Jesus grew in intelligence. He grew physically and spiritually as he received favor from God, and with favor from man, he grew socially. This verse seems to be clear that Jesus achieved balance in his life on earth.

Ecclesiastes reminds us, "To everything there is a season, and a time for every purpose under heaven" (Eccl. 3:1, MEV).

It seems to me that balance is a seasonal issue. I don't know how to achieve balance in the short run of a day or week. Sometimes work requires extreme focus and dedication to

a project or an initiative.

I don't think that we can define balance for someone else. We probably don't understand the seasons of life for others. It's hard enough to discern our own seasons.

One thing seems clear. Leaders display balance in the long run. But a leader's definition of balance will always be defined based on calling and gifts.

" ... For to whom much is given, of him much shall be required. And from him to whom much was entrusted, much will be asked" (Luke 12:48, MEV).

Great progress is made by people who are temporarily out of balance.

I can hop on one leg for a while. But when the second leg is re-deployed—there is a welcomed balance.

P.S. Do you subscribe to *Ministry Today*? Will you please consider doing it?

With the link below you will receive my special publisher's offer. Our baseline subscription is \$. My offer to you is a one-year subscription (6 issues) for \$.

I'd like to know what you think of *Ministry Today* and would love to hear from you.

Please click [here](#) today for the Dr. Greene special.

Today's Scripture

"Let me be weighed in an even balance that God may know my

integrity” (Job 31:6).

Platform Tip No. 64

New platform options do not replace older platforms.

Radio was not replaced by television. Twitter did not replace Facebook. Podcasts did not replace blogs.

The good news is we have many more platform tools available to help us connect with our audience.

The bad news is we have many more platform tools available ...

I think the question I get asked most often is “what is the best platform for my message?”

The answer to message improvement is not about the platform, it is about the message.

A great message will “work” on any platform that reaches people who need to hear your message—as long as you show up every day.

Do you want to learn more about developing your personal platform?

Send for my free series of lessons titled, “The Fundamentals of Creating, Curating and Developing Content for Multiple Platforms.” Send your request to: platform@.

We will not share your email address with anyone.

{eoa}