

Is Your Life Balanced?

Jesus grew in wisdom and in stature and in favor with God and all the people.

Luke 2:52

A balanced life is characterized by order, peace, and wholeness. The various parts of life are as they should be and where they should be. Each part of the balanced life gets the right amount of time and effort at the right time. It's not giving each part of life the same amount of time that makes life balanced; it's giving each part the necessary allotment of time.

The life of Jesus is an excellent model concerning balance. Throughout his life, Jesus was under constant pressure. Friend and enemy alike pursued him. Yet, when examining his life as recorded in Scripture, one sees that he never hurried, that he never had to play catch up, and that he was never taken by surprise. He managed time well, bringing it under control, because he knew the importance of balance. Jesus' life was well rounded. He grew intellectually, physically, spiritually, and socially.

Does your life reflect a balance? Do you make time for intellectual growth? If you are too busy to read a book or engage in study that stimulates the mind, you are too busy. Do you make time for physical health? Many people burn out because of improper personal maintenance. Don't be another fatality on the emotional highway. Take care of your physical self. Do you make time for your relationship with God? Do you feel too busy for prayer, Bible study, meditation, or devotions? Psalms 46:10 can be translated, "Take time and know that I am God." A popular hymn gives this advice: "Take time to be holy, speak oft with thy Lord . . . Take time to be holy, the world rushes on," but do we do it? Do you make time

for primary relationships? Is adequate time provided for your spouse, family, and friends?

Only you can answer those questions honestly. And, only you can take the necessary steps to bring order, harmony, and balance back in your life. Start today.