



## **Balancing Your Life**

- 1) • **Delaying Gratification means not just living for “Fun”**
    - **Start addressing the things in your life that need improvement**
    - **The things in your life that are slowing you down**
  - 2) • **Accepting Gratification means accepting the fact that you are the only one responsible for what you do in our life**
    - **We need to Accept Responsibility for the things in our lives that slow us down in our walk down the Road Ahead**
  - 3) • **Being Dedicated to Truth means constantly examining yourself to make sure that your view of yourself and the world around is true**
    - **We can only properly address our problems and progress, if we can accurately and truthfully determine what they are**
- When you find that you have a problem, lots of times you'll find that it's because something is out of balance in your life... You are leaning too much one way.
  - Balancing your life means continually striking a balance between opposing desires

- A "Balanced Life" is **NOT** one that has equal portions of sin and righteousness.
  - That's what God calls "Lukewarm" and useless.
- Don't think of it as wanting all things equally - or liking all people equally
  - That's impossible for humans
- A Balanced Life is one that is centered on God
  - Centered on Righteousness
    - Not "Off Balance"
    - Not "Off Center"
- A person whose life is Balanced is one whose desires are in the right area
  - A person who wants the right things
    - A person who likes the right people
- 1st Timothy 6:11-12
  - 11) But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness.
  - 12) Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses.
- Think of a well balanced Diet
  - It's **NOT** equal parts good food and junk food...
  - It's just equal parts of good things
    - And none of the bad things.
- The essence of a Balanced Life is "giving something up"
- You cannot want to eat a hot fudge sundae every day **AND** still want to be skinny.
  - You **HAVE** to give up one of those two desires.
- You can't live with your life out of balance

- Isaiah 26:3

- 3) Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

- If you are centered on God, you will be blessed by God

- If your life is in Balance, you will get the peace that comes from not having conflicting desires opposing each other

- Romans 8:28

- 28) And we know that all things work together for good to them that love God, to them who are called according to his purpose.

- God will work with you when your life is in Balance...

- But, how can he if it is not?

- Both of these verses have service to God as a prerequisite

- You cannot live a life of sin, and still be kept in peace by God, or have him work for good in your life

- Matthew 6:24

- 24) No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.

- How can you serve two "masters"?

- How can you serve your own fleshly, sinful lusts, and still serve God?

- How can God bless you and reward you for your service, if you aren't serving Him?

- The essence of a Balanced Life is "giving something up"

- The act of "giving something up" is painful.

- However, the loss of balance is even more painful than the "giving up".

- It is in the "giving up of self" that we find the greatest joy.

- "Jesus gave himself so that we might live"

- Jesus talks about having to give things up a lot:
  - The biggest one is that you have to give up your life so that you can gain eternal life
- Matthew 16:24-27
  - 24) Then said Jesus unto his disciples, If any man will come after me, let him deny himself, and take up his cross, and follow me.
  - 25) For whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it.
  - 26) For what is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?
  - 27) For the Son of man shall come in the glory of his Father with his angels; and then he shall reward every man according to his works.
- I'm not going to tell you that in your service to God you will not have to give up anything.
  - But I'm also not going to tell you that you have to give up everything fun
- What is Fun:
  - Laughing, Joking
  - Sharing warm relationships with a real friend
  - Doing something good - A feeling of contentment
- **Having No mental anguish is fun**
  - Living a life with fewer problems and hassles is fun.
  - Being successful in your desire to serve God is fun.
  - The Road ahead is fun...
    - I'm going to leave you today with some real life examples to think over...
      - I'd like to introduce you to four of my friends...