



**Part 1 – What Matters Most – Living In Balance
Selected Scriptures
January 11, 2015**

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January 11, 2015**

I. INTRODUCTION TO THE SERIES

- A. Jesus said if we want to **improve** the outcome of our life we will not ignore some key principles of living that the Bible teaches us. (Jesus – Matthew 7:24-27).
- B. Life is **connected**. Where we are today is a result of decisions we made in the past, and where we will be tomorrow is connected to what we do today and yesterday.
- C. There are different ways to understand balance. Balance means “self-control”.

*Proverbs 25:28 “A person without **self-control** is as defenseless as a city with broken-down walls.”*

*1 Corinthians 9:25 “All athletes practice strict **self-control**. They do it to win a prize that will fade away, but we do it for an eternal prize.”*

- D. Living a life of balance is understanding and doing “What Matters Most”. It is living a life of **priority** and a life of self-control.

II. TO LIVE IN BALANCE, WE NEED TO **ACCEPT** GOD'S DIRECTION IN OUR LIFE.

A. God has built within all our lives some set limitations.

Romans 12:3 "Don't think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us." (NLT)

B. God has **given** us opportunities and has withheld opportunities.

Jeremiah 29:11 "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." (NIV)

C. God has given us material blessings and **withheld** material blessings.

1. *1 Samuel 2:7 "The Lord makes one poor and another rich; He brings one down and lifts another up."*

2. *"Countries like ours are full of people who have all the material comforts they desire, yet lead lives of quiet desperation, understanding nothing but the fact that there is a hole inside them and that however much food and drink they pour into it, however many cars and television sets they stuff it with, however many children and loyal friends they parade around the edges of it...it still aches." (Bernard Levin)*

D. A balanced life is a life that has come to **accept** God's direction within our lives. We have limitations, we will have closed doors and our level of income will never actually define whether we are a success or not. We have come to peace about how God has made us.

III. ESTABLISHING BALANCE BETWEEN WORK AND REST IS CRITICAL TO OUR PERSONAL **HEALTH**.

A. *Exodus 20:9-10 "Six days you shall labor and do all your work, ¹⁰ but the seventh day is a Sabbath to the LORD your God." (NIV)*

B. God says He wants us to take at least one day a week and accomplish three things:

1. **REST**.

*Proverbs 14:30 "A **relaxed** attitude lengthens a person's life."*

2. Recharge.
3. **Refocus** our heart toward God.

The Bible says to not neglect coming to **church** and worshiping with other Christ followers. It encourages and refocuses our life. (Hebrews 10:25)

C. *Psalm 119:73 "You made my body, Lord. Now give me sense to heed your laws."*

IV. ESTABLISHING BALANCE BETWEEN A TASK ORIENTED AND A PEOPLE ORIENTED LIFESTYLE IS CRITICAL TO OUR ULTIMATE **SUCCESS** IN LIFE.

A. *Proverbs 16:9 "In his heart a man plans his course, but the LORD determines his steps."*

B. Within that daily schedule needs to be time for the **people** who matter the most in your life.

*Romans 12:16 "Live in **harmony** with one another."*

Romans 12:18 "If it is possible, as far as it depends on you, live at peace with everybody."

C. *"High performers are willing to work hard but within strict limits. For them, work is not everything. When Garfield interviewed top executives in ten major industries he found that they knew how to relax, they could leave their work at the office, they prized close friends and family life, and they spent a healthy amount of time with their children and spouse. They were **balanced**." (Charles Garfield, Peak Performers: The new Heroes of American Business.)*

D. *Ephesians 5:15-16 "Be very careful, then, how you live--not as unwise but as wise, ¹⁶ making the most of every opportunity..." (NIV)*

V. FIND AND STAY IN BALANCE BY CENTERING OUR LIFE AROUND **JESUS CHRIST**.

A. Think of your life like a wheel. At the center of the wheel is the hub. Out of that hub are all the spokes of your life which represent your relationships, your family, your career, your finances, your dreams, your goals and every other area of your life. You will build your life around something. Making that "something" **Jesus** and His Word.

B. *Matthew 6:33 "God will give you all you need from day to day if you live for Him and make the kingdom of God your primary concern."*

