

SESSION 5: BIBLICAL BALANCE

• **Welcome & Review Last Week's Homework/LIFE Starters: 15 minutes**

• **Session #5 Teaching: Are you trying to "fit your Christianity" into your busy life?: 10 minutes**

One of the greatest challenges is finding balance in the Christian life. Trying to balance all of life can feel like balancing on a tightrope. It can feel as though there is never a point where you can just stroll across effortlessly. **Balance requires continual effort.** Only God can help you balance it all. Of course, the demands of His work and ministry left Jesus exhausted at times – yet somehow He found time to be led by the Spirit and to live a sinless life. Jesus perfectly balanced the demands of life—with the same 24 hours we have.

The life of Jesus reveals a number practical ways to pursue balance in the Christian life. Everything the Father led Jesus to do, He completed. As described in John 17:4, *"I glorified you on earth, having accomplished the work that you gave me to do."*

Jesus models a balanced life:

1. LOOK TO GOD TO DETERMINE YOUR PRIORITIES. Jesus determined His priorities by spending time with the Father. Look carefully: Jesus got up, left the house, and went away to a secluded place, and was praying there. Simon and his companions searched for Him; they found Him, and said to Him, *"Everyone is looking for You." He said to them, 'Let us go on to the next towns, that I may preach there also, for that is why I came out.'* — Mark 1:35–38...

2. SAY NO, SO THAT YOU CAN HAVE A STRONGER YES. Jesus said no—so that He could say yes to what was most important. Only by gleaning your priorities from the Scripture and the Holy Spirit will you be able to make confident decisions amidst overwhelming demands. You can choose many good things and end up missing the best things—the essential priorities.

Do not fall for the lie that states that a good Christian should never say no to legitimate needs. *"Balance is like a pendulum; it's that brief moment in the middle when you're swinging from one extreme to the other."* Part of the pursuit for balance contains the realization that it is never perfectly achieved. The pursuit of balance is the goal. Do not be frustrated with the constant effort.

Saying no can free you to pursue the yes to what matters most: *"Let your 'Yes' be 'Yes,' and your 'No,' 'No'"* (Matthew 5:37, NKJV).

Small Group Discussion: 20 minutes

- *Discuss if YOU are trying to FIT Jesus into your hectic schedule? In what ways can you really put Him FIRST?*
- *Are you willing to relook at your priorities? Discuss with your group.*
- *How good are YOU at saying NO? Discuss with your group.*
- *Does your "YES" really mean "YES," or "MAYBE?" Discuss with your group.*
- *How can you start better focusing on God's priorities for your life? Discuss with your group.*

Small Group Wrap-Up: 10 minutes

- *What were the biggest take-aways and action items from your small group time?*
- *What is ONE thing that you will do different this week in order to make needed changes that came up in today's study?*

Discuss This Week's Homework: 5 minutes