



the key to *Balance*



MOTHERS DAY 2018

05|13|2018

1 Peter 5:8 AMP Be sober [well balanced and self-disciplined], be alert and cautious at all times. That enemy of yours, the devil, prowls around like a roaring lion [fiercely hungry], seeking someone to devour.

- An _____ life opens the door to attacks from the enemy.

THE BALANCED LIFE

Matthew 11:28-30 NLT Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. ³⁰ For my yoke is easy to bear, and the burden I give you is light."

1. Balance is found by making Jesus the _____ of our lives.

- The answer is not a program or a pill, it's a _____!

Luke 10:38-40 NLT As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. ³⁹ Her sister, Mary, sat at the Lord's feet, listening to what he taught. ⁴⁰ But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me."

AMPC: But Martha [overly occupied and too busy] was distracted with much serving.

Luke 10:41-42 NLT ⁴¹ But the Lord said to her, “My dear Martha, you are worried and upset over all these details! ⁴²There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.”

Isaiah 40:29-31 NLT He gives power to the weak and strength to the powerless. ³⁰ Even youths will become weak and tired, and young men will fall in exhaustion. ³¹ But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

2. Balance is found by _____.

1 Peter 5:7 NLT Give all your worries and cares to God, for he cares about you.

- We must learn to say “_____!”
- People before projects.
- Relationships before _____.

3. Balance is found by _____ well.

Exodus 20:8-11 NLT Remember to observe the Sabbath day by keeping it holy. ⁹ You have six days each week for your ordinary work, ¹⁰ but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. ¹¹ For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.

TAKE ONE DAY A WEEK TO:

- _____ your body.
- _____ spiritually with God.

Matthew 6:6 MSG Here what I want you to do: Find a quiet, secluded place so you won't be tempted to role play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense His grace.

- Recharge your _____.

“When I have some free time, I really enjoy...”

REACHING OUR CITY ONE LIFE AT A TIME IN 2018

1. Pursue ONE unbeliever and become the best friend they've ever had.
2. Reach ONE person every DAY with a random act of kindness.
3. Minister to ONE person every WEEK you attend church.
4. Bring ONE new person to church every MONTH.
5. Lead ONE person to Jesus every YEAR and disciple them.