

Course Title: A BALANCED LIFE IN AN UNBALANCED WORLD

Goal of This Lesson: Understand the reasons how being spiritually balanced affects you and your walk with God.

Note: This lesson contains important principles, especially for those who struggle with living a balanced life. Priorities are more important than time schedules. Time schedules are important. Attitude is everything.

Reading Assignment: Please Read the Following Passages

(Job 31:1-7 ESV) ¹ "I have made a covenant with my eyes; how then could I gaze at a virgin? ² What would be my portion from God above and my heritage from the Almighty on high? ³ Is not calamity for the unrighteous, and disaster for the workers of iniquity? ⁴ Does not he see my ways and number all my steps? ⁵ "If I have walked with falsehood and my foot has hastened to deceit; ⁶ (Let me be weighed in a just balance, and let God know my integrity!) ⁷ if my step has turned aside from the way and my heart has gone after my eyes, and if any spot has stuck to my hands,

Biblical Definition of Balance

- An instrument for weighing especially one that opposes equal weights as in two matched shallow pans hanging from the end of a lever supported exactly in the middle.
- The imaginary scales of fortune or fate
- The emblem of justice or the power to decide
- The state of equilibrium, equality in
 - Amount
 - Value
 - Weight
 - Importance
- Mental or emotional stability
- Balanced body and health
- A weight or force that counteracts another or causes equilibrium
- The point along an objects length at which there is equilibrium
 - The balance point
- The amount still owed after a partial settlement
 - To settle the debt
 - To make payment in full
 - To balance the account

The Perfect Role Model

Reading Assignment: Please Read the Following Passage

(Luke 2:52 ESV) And Jesus increased in wisdom and in stature and in favor with God and man.

Whose life should serve as a pattern for our own? Jesus is our model. The second chapter of Luke shows us that although Jesus was unique, he had a normal childhood and adolescence.

In terms of development, he went through the same progression we do. He grew physically and mentally, he was related to other people, and he was loved by God.

An unbalanced life is part of humanity. It was important to Jesus, and it should be important to all believers in order to develop fully and harmoniously in each of these key areas: physical, mental, social, and spiritual.

Balanced Living

Reading Assignment: Please Read the Following Passages

(John 2:1-2 ESV) ¹ On the third day there was a wedding at Cana in Galilee, and the mother of Jesus was there. ² Jesus also was invited to the wedding with his disciples.

How does balance affect specific areas of life? Balance affects work and pleasure. Jesus was on a mission to save the world, the greatest mission in the history of mankind, yet he took time to attend a wedding and participate in its festivities.

We may be tempted to think we should not take time out from our "important" work for social occasions. But, maybe, these social occasions are part of our mission. Jesus valued these wedding festivities because they involved people, and Jesus came to be with people. Our mission can often be accomplished in joyous times of celebration with others.

Bring balance to your life by bringing Jesus Christ into times of pleasure as well as times of work.

Reading Assignment: Please Read the Following Passage

(1 Timothy 4:12 ESV) Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity.

This is what balance is all about. It's about habits, attitudes, and behaviors. It's learning how to redirect our thoughts, feelings, and emotions into a concentrated effort of balance.

Reading Assignment: Please Read the Following Passages

(Psalm 62:5-9 NKJV) ⁵ My soul, wait silently for God alone, For my expectation [is] from Him.

- Patience and silence have everything to do with our expectation in the Lord. By your patience (consistent faithfulness), you possess your soul (salvation).

⁶ He only [is] my rock and my salvation; [He is] my defense; I shall not be moved.

- If we have a solid place in life to stand, and have full protection, why should I go anywhere else? If I have the armies of heaven at the ready, why would I be willing to stand in the line of fire when I have full protection from the King of Kings and Lord of Lords?

⁷ In God [is] my salvation and my glory; the rock of my strength, [And] my refuge, [is] in God.

- Again, it is emphasized that my protection and stability in an unstable world is centered on the Lord God Almighty!

⁸ Trust in Him *at all times*, you people; Pour out your heart before Him; God [is] a refuge for us. Selah

"Loose lips sink ships" is the phrase that was a slogan during WWII as part of the US Office of War Information's attempt to limit the possibility of people accidentally giving useful information to enemy spies. The slogan was actually 'Loose Lips Might Sink Ships. This was one of several similar slogans which all came under the campaign's basic message - 'Careless Talk Costs Lives'.

When we tell everyone; everything on our mind and what's going on in our life, we just get ourselves in a bigger mess. We don't need to be careless. We need specific answers, so why would we be careless about our issues?

A closed mouth doesn't get fed either. When we talk about our issues, it must be to the Lord first. Let Him be your first confidant! Then, go for Godly counsel from your pastor, from the ministry team, someone that has a spiritual moral compass. Otherwise, we are just telling more people all over again, and the cycle of drama, madness, and chaos continues on.

⁹ Surely men of low degree [are] a vapor, Men of high degree [are] a lie; If they are weighed on the scales, they [are] altogether [lighter] than vapor.

We cannot rely on human talent and ability only. Remember that, when we're not actively serving the Lord, it's our best thinking that gets us into the worst troubles! So can never just rely on ourselves. We must trust in the Lord!

Reading Assignment: Please Read the Following Passages

(Proverbs 11:1-2 NLT) The LORD detests the use of dishonest scales, but he delights in accurate weights. ² Pride leads to disgrace, but with humility comes wisdom.

(Proverbs 16:11 NLT) A just weight and balance are the LORD's: all the weights of the bag are his work.

The better we try to balance our life with God, Family, Church, then we will become a better balanced person in life.

Though life situations constantly change, we must learn how to be better consistent with our thoughts, feelings, attitude, wants, desires, we must be CHRIST-CENTERED, and CHRIST-FOCUSED. This is very key to a balanced life.

Charles Sheldon wrote "In His Steps". This is we get the phrase What Would Jesus Do (WWJD). When we start learning to have this type of concentration and focus, the balancing part of life gets easier.

Reading Assignment: Please Read the Following Passages

[Proverbs 20:23 NLT) The LORD detests double standards; he is not pleased by dishonest scales.

(Pro 20:24 NLT) The LORD directs our steps, so why try to understand everything along the way?

(Isa 40:8 NLT) The grass withers and the flowers fade, but the word of our God stands forever."

(Isa 40:9 NLT) O Zion, messenger of good news, shout from the mountaintops! Shout it louder, O Jerusalem. Shout, and do not be afraid. Tell the towns of Judah, "Your God is coming!"

(Isa 40:10 NLT) Yes, the Sovereign LORD is coming in power. He will rule with a powerful arm. See, he brings his reward with him as he comes.

(Isa 40:11 NLT) He will feed his flock like a shepherd. He will carry the lambs in his arms, holding them close to his heart. He will gently lead the mother sheep with their young.

(Isa 40:12 NLT) Who else has held the oceans in his hand? Who has measured off the heavens with his fingers? Who else knows the weight of the earth or has weighed the mountains and hills on a scale?

(Isa 40:15 ESV) Behold, the nations are like a drop from a bucket, and are accounted as the dust on the scales; behold, he takes up the coastlands like fine dust.

(Dan 5:24-31 ESV) ²⁴ "Then from his presence the hand was sent, and this writing was inscribed. ²⁵ And this is the writing that was inscribed: Mene, Mene, Tekel, and Parsin. ²⁶ This is the interpretation of the matter: Mene, God has numbered the days of your kingdom and brought it to an end; ²⁷ Tekel, *you have been weighed in the balances and found wanting*; ²⁸ Peres, your kingdom is divided and given to the Medes and Persians." ²⁹ Then Belshazzar gave the command, and Daniel was clothed with purple, a chain of gold was put around his neck, and a proclamation was made about him, that he should be the third ruler in the kingdom. ³⁰ That very night Belshazzar the Chaldean king was killed. ³¹ And Darius the Mede received the kingdom, being about sixty-two years old.

The interpretation for you is this: your actions will be weighed out in the end. So what's the benefit of learning this now? You can make the changes needed to balance your life now. This takes time, but you must learn what the Lord expects, then you will start to grow in *consistency, maturity, and stability*.

Reading Assignment: Please Read the Following Passages

(Leviticus 19:36-37 ESV) ³⁶ You shall have just balances, just weights...I am the LORD your God, who brought you out of the land of Egypt. ³⁷ And you shall observe all my statutes and all my rules, and do them: I am the LORD."

Can you start to see the interpretation of the scriptures? Once your focus begins to adjust, the interpretation becomes instruction. When the Lord brings you out of the world and all of its carnal, troublesome ways, He immediately provides instruction to help you get focused and balanced.

Reading Assignment: Please Read the Following Passages

Proverbs 16:9-11 ESV ⁹ The heart of man plans his way, but the LORD establishes his steps. ¹⁰ An oracle is on the lips of a king; his mouth does not sin in judgment. ¹¹ A just balance and scales are the LORD's; all the weights in the bag are his work.

One man said “Plan out your future as if you have 100 years from now, but live for God as if today was your last day”.

Reading Assignment: Please Read the Following Passage

(Revelations 6:6 ESV) And I heard what seemed to be a voice in the midst of the four living creatures, saying, "A quart of wheat for a denarius, and three quarts of barley for a denarius, and do not harm the oil and wine!"

Biblical Use of Balances

Balances were used to measure weights early in the development of civilization. Balances were well known to the Hebrews and in common use in the Old Testament. Please refer to the following verses (Leviticus 19:36; Job 6:2; Hosea 12:7).



They consisted of two pans hung on cords attached to a balancing beam. The beam was suspended by a cord in its center. Sometimes the beam was suspended by a ring or hook. Sometimes balances were held in the hand.

The Hebrews probably used the common balances of Egypt, which are shown in Egyptian tomb reliefs and papyri writings.

Balances were the basis of economic life. Money came in weighted units, of gold and silver. These had to be weighed in the balance for every business transaction or purchase (Jeremiah 32:9-10).

Balances could be easily manipulated, especially by having weights which did not measure up to the proper amount or by having two sets of weights, one for buying and one for selling. Thoughts and feelings can also manipulate a person also. This is why we can't fully trust ourselves. Trusting in the Lord gives us the tools we need in order to have proper and a just balance in our life.

Economic Justice of Proper Balances

God called on Israel for economic justice that began with proper weights and balances. (See Proverbs 11:1; 16:11; 20:23; Ezekiel 45:9-12; Hosea 12:7; Amos 8:5; and Micah 6:10-11.) In a figurative sense, the balance was employed in the Bible to ask for a fair trial or judgment for the persecuted (Job 31:6; Psalm 62:9).

Balances help teach about God. Only He can weigh the mountains in a balance (Isaiah 40:12-13). Just balances show a person belongs to Him (Proverbs 16:11), while foolish people weigh out lavish amounts of gold to make idols to worship (Isaiah 46:6).

In the early periods of the world gold and silver were paid by weight, so that persons employed in traffic of any kind carried with them a pair of scales or balances and different weights (generally stones of different sizes) in a pouch or bag. Fraudulent men would carry two sorts of weights, the lighter to sell with and the other to buy with (Micah 6:11).

Balances or scales of various forms are frequently seen upon the most ancient Egyptian monuments, and were also used for dividing the spoil by the ancient Assyrian warriors (Bonomi, Nineveh, p. 163, 268); they bear a general resemblance to those now in use, and most likely they are similar to those used by the ancient Hebrews (Leviticus 19:36).

A pair of scales is likewise a well-known symbol of a strict observation of justice and fair dealing. It is thus used in several places of Scripture (Job 31:6; Ps 62:9; Proverbs 11:1, and 16:11). But balance, joined with symbols denoting the sale of corn and fruits by weight, becomes the symbol of scarcity; bread by weight being a curse in (Leviticus 26:26, and in Ezekiel 4:16-17).

So in Revelation 6:5, "He that sat upon him had a pair of balances in his hand." Here the balance is used to weigh corn and the necessities of life, in order to signify great want and scarcity, and to threaten the world with famine.

Reading Assignments: Read the Following Passages

(Mat 22:37-40 ESV) ³⁷ And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. ³⁸ This is the great and first commandment. ³⁹ And a second is like it: You shall love your neighbor as yourself. ⁴⁰ On these two commandments depend all the Law and the Prophets."

(Pro 23:7 ESV) for he is like one who is inwardly calculating. "Eat and drink!" he says to you, but his heart is not with you.

(1Jo 3:19-22 ESV) ¹⁹ By this we shall know that we are of the truth and reassure our heart before him; ²⁰ for whenever our heart condemns us, God is greater than our heart, and he knows everything. ²¹ Beloved, if our heart does not condemn us, we have confidence before God; ²² and whatever we ask we receive from him, because we keep his commandments and do what pleases him.

(Phl 4:9 ESV) What you have learned and received and heard and seen in me--practice these things, and the God of peace will be with you.

(Mat 6:33 ESV) But seek first the kingdom of God and his righteousness, and all these things will be added to you.

Conclusion

In order to summarize this lesson, you must be willing to trust the Lord. You must be willing to learn of his will and his ways.

Some may question “What is the will of God for me?” Most of it is the same for everyone.

The more you apply the Word of God, not as rules and restrictions, but as instruction and learning, then you will be more balanced in life than ever before.

The more balanced you are, the more you are able to listen to His still small voice, and begin to learn of His will more specifically for you.

Assignment
WORKSHEET**Student
Name:**_____
Print Full First Name_____
Print Full Last Name**Student ID:** _____**Date:** _____

Take your time to review the lesson before you provide your answers.

1. What is Balance? Provide at least three biblical definitions

2. Jesus is our role model, but an unbalanced life is part of what?

3. What two things does balance affect?

1. _____

2. _____

4. According to the lesson, what balance all about?

5. According to the lesson, what two things can we NOT totally rely on?

6. According to the lesson, what three things should we become better at balancing?

1. _____

2. _____

3. _____

**Assignment
WORKSHEET**

ANSWER SHEET

A BALANCED LIFE IN AN UNBALANCED WORLD – B. Cruz

1. state of equilibrium, mental or emotional stability, balanced body and health
2. humanity
3. work, pleasure
4. habits, attitudes, behaviors, redirect our thoughts, feelings and emotions into a concentrated effort of balance
5. human ability, human talent
6. God, family, church
7. F) God
8. True
9. Physical, mental, social, spiritual
10. True
11. A) Christ-Centered and Faith-Focused
12. Immediately

Congratulations on completing this lesson. While some lessons may seem harder than others, you must always study to show yourself approved unto God, and reveal to others, what God has given you.
