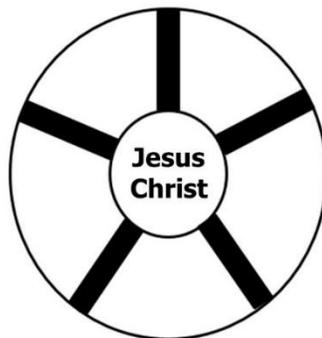


# LIFE IN BALANCE

January 22<sup>nd</sup> / 23<sup>rd</sup>, 2022

Pastor Steve

## Balancing Your Spiritual Life



Jesus grew in wisdom and in stature and in favor with God and all the people. Luke 2:52

Don't waste time arguing over foolish ideas and silly myths and legends. Spend your time and energy in the exercise of keeping spiritually fit. Bodily exercise is all right, but spiritual exercise is much more important and is a tonic for all you do. So exercise yourself spiritually, and practice being a better Christian because that will help you not only now in this life, but in the next life too. 1 Timothy 4:7-8

(TLB)

### To Balance Myself Physically, I:

- I) Renew My Spiritual Strength Through \_\_\_\_\_.
  - A) 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. Isaiah 40:31
  - B) Worship Means \_\_\_\_\_.
  - C) For God is Spirit, so those who worship him must worship in spirit and in truth." John 4:24
- II) Deepen My Peace of Mind Through \_\_\_\_\_.
  - A) Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Philippians 4:6-7

- B) You can ask for anything in my name, and I will do it, so that the Son can bring glory to the Father. Yes, ask me for anything in my name, and I will do it! John 14:13-14
- C) Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened. "You parents—if your children ask for a loaf of bread, do you give them a stone instead? Or if they ask for a fish, do you give them a snake? Of course not! So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him. Matthew 7:7-11

III) Strengthen My Commitment Through \_\_\_\_\_.

- A) Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near. Hebrews 10:24-25
- B) Bear one another's burdens, and so fulfill the law of Christ. Galatians 6:2
- C) Now you are no longer strangers to God and foreigners to heaven, but you are members of God's very own family, citizens of God's country, and you belong in God's household with every other Christian. Ephesians 2:19 (TLB)
- D) They worshiped together at the Temple each day, met in homes for the Lord's Supper, and shared their meals with great joy and generosity— all the while praising God and enjoying the goodwill of all the people. And each day the Lord added to their fellowship those who were being saved. Acts 2:46-47

IV) Expand My Perspective Through \_\_\_\_\_.

Jesus said to the people who believed in him, "You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free." John 8:31-32

V) Increase My Joy Through \_\_\_\_\_.

But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect, keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander. 1 Peter 3:15-16 (NIV)

VI) Practice My Love Through \_\_\_\_\_.

- A) Since you excel in so many ways—in your faith, your gifted speakers, your knowledge, your enthusiasm, and your love from us—I want you to excel also in this gracious act of giving. I am not commanding you to do this. But I am testing how genuine your love is by comparing it with the eagerness of the other churches. 2 Corinthians 8:7-8

- B) Wherever your treasure is, there the desires of your heart will also be. Matthew 6:21
- C) On the first day of every week, each one of you should set aside a sum of money in keeping with his income, saving it up, so that when I come no collections will have to be made. 1 Corinthians 16:2 (NIV)

D) Giving ought to be:

- 3) \_\_\_\_\_.
- 4) \_\_\_\_\_.
- 5) \_\_\_\_\_.

E) Give, and you will receive. Your gift will return to you in full—pressed down, shaken together to make room for more, running over, and poured into your lap. The amount you give will determine the amount you get back.” Luke 6:38

VII) Develop My Talents Through \_\_\_\_\_.

- A) Work willingly at whatever you do, as though you were working for the Lord rather than for people. Remember that the Lord will give you an inheritance as your reward, and that the Master you are serving is Christ. Colossians 3:23-24
- B) For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.” Mark 10:45
- C) In his grace, God has given us different gifts for doing certain things well... Romans 12:6a

VIII) Stretch My Faith By \_\_\_\_\_.

- A) “What do you mean, ‘If I can’?” Jesus asked. “Anything is possible if a person believes.” Mark 9:23
- B) Then he touched their eyes and said, “According to your faith will it be done to you”; Matthew 9:29 (NIV)
- C) And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him. Hebrews 11:6
- D) Then Jesus said to the disciples, “Have faith in God. I tell you the truth, you can say to this mountain, ‘May you be lifted up and thrown into the sea,’ and it will happen. But you must really believe it will happen and have no doubt in your heart. I tell you, you can pray for anything, and if you believe that you’ve received it, it will be yours. Mark 11:22-24