

Are you imbalanced?

- Our congregation seems like we are trying to go to focus on so many different things. Growing in Faith but getting distracted by the world.
- We are so easily irritated because we are imbalanced
- Jesus was the most balanced person
- That's why we try to be like Christ. We will be balanced

Mental Balance

Romans 12:2: Do not conform to the patterns of this world but transformed by the renewing of your mind

- Screen the thoughts coming into your mind
- You can fill your mind with trash or truth.
- God thoughts good life
- Fill your mind with truth

Physical Balance

- Honor God with your bodies.
- You can change if you want to

Spiritual Balance

- If your spiritual health is out of balance, your life will be out of balance
- 2 Peter 3:18 - but grow in the grace and knowledge of your Lord and Savior Jesus Christ
- When you receive Christ there must be evidence of change in your heart and in your life
- Does your life look the same before you received Christ into your life?

Emotional Balance

Galatians 5:22-23

- Fruit of the Spirit
- Are you mastered by your moods?
- Emotional balance is confidence and contentment in Christ

Social Balance

- If relations isn't doing well. Life sucks. (Marriage, Family, friends)
- Live at peace with everyone as long as it depends on you.

So how do I get started

1st: Do an assessment of your life

Luke 15:17 - He came to his sense (Prodigal Son)

- Where am I out of balance?
- This is the year to get in balance
- HW: Go home and do a personal checkup.
- Check the different areas of balance

2nd: Come up with an action plan

Ephesians 5:15 - Be very careful then how you live

3rd: Revolve your life around Jesus Christ

Colossians 1:15

- Your life has to have something to center one
- When you put Christ in the center of your life, the power extends to everywhere else. That is balance
- In Christ all things hold together
- If your life is falling apart it's because Christ is not your center

Jesus Christ must be the center of your heart and your life

Question for Reflection:

Where are you out of balance in your life? What is God challenging you to do through this message?
Ask Jesus to be the center of your heart, so that you'll be in perfect balance.