

Making a Difference – The Power of Balance

Read **Hebrews 12 v 1** and **2**... You can make up the numbers, or you can make a difference. You can enter the race, or you can win the race. It's entirely up to you! The great cloud of witnesses we've just read about made enough of a difference to be mentioned in the Bible. And they were championed by our Lord Jesus – **"...who for the joy that was set before Him endured the cross."** Jesus was never uncertain or lukewarm about anything. In order to really *make a difference* in life you must first overcome indifference. And being indifferent is not something many Christians are going to admit to. In **Revelation 2:16** Jesus said, **"Because you are lukewarm (indifferent), and neither cold nor hot, I will vomit you out of My mouth."** Indifference makes the Lord sick. I don't know about you, but I certainly don't want to be stuck in that camp!

So how can we rise above complacency and apathetic indifference's in our lives? One way is to understand the **Power of Balance**. Balance is defined as composure, general soundness, or a calm emotional condition. It is a state of emotional and rational stability in which you are at peace and able to make sound decisions and judgements. Nothing is ever lob-sided. Hence, too much of one thing is never advisable, and this is the same with everything we do in life. Too much work upsets the balance between you and your family. Too little work upsets your family!

A well-balanced mind comes as a product of a good understanding of 'self' acquired by studying the Bible, reflective thought, observation and "experience with life". It arises out of a thoughtful, intelligent, rational, inquiring mind – a mind that is able to think for itself and come to its own opinions and conclusions, a mind that is perfectly in tune with God, and therefore, can evaluate itself correctly, as well as keep the balance necessary to establish emotional and rational stability. We need more "balanced" Christians!

Here are seven things you can do to help balance your life:

- 1. Slow Down.** Life is simply too short, so don't let things pass you by. Take steps to stop and enjoy the things and people around you. And find some ways to distance yourself from those things that are causing you the most stress.
- 2. Learn to Better Manage Your Time – Avoid Procrastination.** For many people, most of the stress they feel comes from simply being disorganised – and procrastinating. Learn to set more realistic goals and deadlines – and then stick to them. You'll find that not only are you less stressed, but your productivity will be better also.
- 3. Share the Load.** Even though we may sometimes feel we're the only ones capable of doing something, it's usually not the case. Get other family members to help you with all your personal/family responsibilities. Taking care of the household, children, or parents should not be the responsibility of just one person.
- 4. Let Things Go.** (Don't Sweat the Small Stuff.) It's simpler said than done! But learn to let things go every once in a while. So what if the car isn't washed every week or that the house doesn't get vacuumed regularly. Learn to recognise the things that don't really have much impact on your life and allow yourself to let them go – and then don't beat yourself up for doing so.
- 5. Explore Your Options – Get Help.** If you are feeling overwhelmed with your family or work responsibilities, get help. Find solutions for dealing with your boss, your husband or wife, or you children. Explore viable options for ageing parents, and seek good counsel for yourself if necessary. In most cases, you do have options, but you need to take the time to find them.

6. Take Charge – Set Priorities. Sometimes it's easier for us to allow ourselves to feel overwhelmed rather than taking charge and developing a prioritised list of things that need to get done. You must be determined to change this trend. Develop a detailed list. Set clear priorities. And then enjoy the satisfaction of crossing things off your list.

7. Simplify. It seems the norm for just about everyone is to take on too many responsibilities and tasks, to try to do too much, and to own too much. Find a way to simplify your life. Change your lifestyle. Learn to say no to requests from people who waste your time. Get rid of the clutter in your life.

In the end, the key word is balance. You need to find the right balance that works for you.

Celebrate your successes and don't dwell on your failures. Life is a process, and so is striving for balance in your life. Note becoming truly balanced isn't about calming down when being extreme or radical, nor is it about becoming less passionate and mediocre. The Power of Balance is about attending to everyday things with as much passion and commitment possible – across the whole spectrum of your life. Therefore, being balanced is about putting the same degree of effort and enthusiasm into all matters of life.

There are too many reluctant, indifferent, complacent, inexpressive and dispassionate believers who will never make a difference. And they are probably very timid with it! Timidity causes an imbalance as it will inevitably cause you to back - just like indifference! **2 Timothy 1:7** tells us that, ***“God has not given us a spirit of timidity, but of power and of love and of a sound mind.”*** This literally says that God has not given you a fearful attitude that's lacking in willpower, passion or desire. He has already established balance.

God has given you a spirit (an attitude) of power, love and soundness of thought. Therefore, you should never be reluctant or fearful to do what God has called you to do! In God's kingdom there is never any time for reluctance or timidity.

If being balanced is exerting the same amount of effort, energy and enthusiasm in everything you do, then any negative attitude has no place in your life. Note, perfect love casts out all fear (*1 John 4:18*), so your love for God should make you willing to give yourself for Christ. Whatever the cost! Fear is only acceptable if it does not cause you to withdraw and disobey God. And it should never affect your passion and enthusiasm for Him. Remember, **you create a season of success every time you complete an instruction from God.**

But being passionate, committed and enthusiastic in one area doesn't necessarily make you balanced. On one occasion Jesus spoke to the Pharisees about tithing because they were passionate and fastidious about it. Yet, they were impassive and indifferent to the love, the mercy and the compassion of God. So Jesus rebuked them about their preoccupation with various tithes to the exclusion of other things, saying, ***“These you ought to have done, without leaving the others undone.”*** [Luke 11:42]

Today, there are those of you who are passionate, committed and enthusiastic about certain things but neglect the needs of your family, your marriage, your health and your finances. And you may wonder why you lose them down the line. Such people are being neglectful but they are also not very balanced! It's never a matter of becoming less enthusiastic about your heart's desires, but rather, becoming as enthusiastic about every other area of your life.

Here are **7** areas you should never leave unattended. In all, you should dispense the same *degree of devotion*, the same *amount of effort*, the same *measure of enthusiasm*, and the same *level of commitment*. For when you do, you will truly enrich your life.

1. Your spiritual walk and relationship with God.
2. Your family.
3. Your social life. This includes the ability to enjoy the things that God has given you, and it means having fun!
4. Your career – your work or your business.
5. Your friendships and other relationships.
6. Your physical needs and your general health.
7. Your ministry - those areas where you are already committed to serving God.

Note, this list is not ordered in any priority. You need to show devotion, enthusiasm and commitment across all these areas. The apostle Paul encourages us to “**...walk worthy of the calling with which we were called.**” [Ephesians 4:1] The word ‘worthy’ literally means ‘*balanced*’. So this verse is implying that the manner of life we are to lead should be completely balanced.