

The Force of Balance

Earlier today we examined ways of stabilising ourselves in adverse conditions. Another effective way of seeing out the storm is by using the *force of balance*. Balance is a key factor when achieving success and happiness, and it must be applied in both natural and spiritual matters. But balance is hindered most when apathy or complacency is allowed to set in. In **Revelation 2:16** Jesus said, ***“Because you are lukewarm, and neither cold nor hot, I will vomit you out of My mouth.”*** Indifferent, half-hearted or self-satisfied people make the Lord sick!

So how can you rise above timidity, hesitancy, complacency, apathetic indifference's, and mediocrity in your life? One way is to know and understand the *power of balance*. Becoming truly balanced isn't about calming down when being extreme or radical, nor is it about becoming less passionate and mediocre. The *force of balance* is about giving attention to everyday things with as much passion and commitment across the whole spectrum of your life. Therefore, being balanced is about putting the same degree of effort, energy and enthusiasm into all matters of life.

I think there are far too many reluctant, indifferent, complacent, inexpressive and dispassionate believers who will never make a difference. And they are probably also very timid and fearful with it! Timidity will inevitably cause you to back off - yet so can 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 and desire, but one of unlimited strength and of love and of a balanced sound mind. Therefore, you should never be reluctant or fearful to do what God has called you to! In God's kingdom there is never any time for reluctance or timidity. Therefore be wholehearted about everything!

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 may be. Fear is only acceptable if it does not cause you to withdraw and disobey God. And it should never effect your passion and enthusiasm for Him or His kingdom. 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! Yet, it isn't 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 **seven areas** that you should never leave unattended. In all these areas 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 enrich your life and experience the rewards of being truly **balanced**.

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.
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 because you need to show *devotion*, *enthusiasm* and *commitment* right across all these areas. This way you will not become lukewarm but live a balanced and ordered life that is pleasing to God. The apostle Paul encouraged you to **“walk worthy of the calling with which you were called.” (Ephesians 4:1)** The word ‘*worthy*’ literally means ‘*balanced*’. Therefore, this verse implies that the manner of life you are leading should be orderly and balanced.

The key is to know and value the **force of balance** in your life. Be passionate, committed and enthusiastic in all things! Don’t reserve this for your work only, or the things that interest you, but balance that with the ability to know when to switch off, and then give the same attention to other issues. When you go on holiday, enjoy it with all your heart. Don’t get distracted by other things when you are doing menial tasks or enjoying a relaxed time with your family and friends. ‘*Be where you are*’ and enjoy every situation by being fully focused, enthusiastic and devoted to that moment! Remember this, the day you make a decision about your life is the day your world will change for the better.

Make a decision right now to bring balance, to use the *force of balance* to enrich your life. Don’t sell yourself short! Make a difference - especially toward those you love!