

## KEY VERSES

Ecclesiastes 7:18 NIV - *...Whoever fears God will avoid all extremes.*

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

If Jesus grew in wisdom, stature, and favor with God and man, then we, as Christ-followers, should grow in these areas, too.

## NOTES

## FOUR NECESSARY AREAS OF A BALANCED LIFE

### 1. True disciples of Jesus strive to find balance \_\_\_\_\_.

- Two types of wisdom: **The Wisdom of Men and the Wisdom of God.**

1 Corinthians 2:5-7 ESV - *"... so that your faith might not rest in the wisdom of men but in the power of God. 6 Yet among the mature we do impart wisdom, although it is not a wisdom of this age or of the rulers of this age, who are doomed to pass away. 7 But we impart a secret and hidden wisdom of God..."*

- We have access to the wisdom of God through the mind of Christ.

1 Corinthians 2:16 NIV - *"For who has understood the mind of the Lord so as to instruct him?" But we have the mind of Christ.*

- The mind of Christ comes to us through a renewed mind.

Romans 12:2 ESV - *Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

- **The mind of Christ makes discerning \_\_\_\_\_ will the highest priority in every situation.**

- Balance the wisdom of man with the wisdom of God.

## 2. True disciples of Jesus strive to be balanced \_\_\_\_\_.

- God cares about the condition of our physical bodies.

1 Corinthians 6:19,20 NIV - *Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore, honor God with your bodies.*

- Three physical areas in which we need to find a healthy balance:

A. \_\_\_\_\_ (Philippians 3:19 ESV)

B. \_\_\_\_\_

1 Timothy 4:8 ESV - *...for while bodily training is of some value, godliness is of value in every way...*

C. \_\_\_\_\_

Mark 6:31 ESV - *Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."*

*The enemy is exploiting the poor health of God's people!*

## 3. True disciples of Jesus strive to be balanced \_\_\_\_\_.

- As disciples of Christ, we must overcome the desire to pursue material things over spiritual things.

Matthew 6:33 ESV - *"But seek first His kingdom, and His righteousness; and all these things shall be added to you"*

2 Peter 1:5-8 ESV - *For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, v.6 and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, v.7 and godliness with brotherly affection, and brotherly affection with love. v.8 For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ.*

## 7 Qualities to Pursue For a Balanced Spiritual Life

1. **VIRTUE:** Focused energy for developing goodness found in Christ.
2. **KNOWLEDGE:** An understanding of the Scriptures and the Kingdom.
3. **SELF-CONTROL:** Making an effort to get your passions and appetites of the flesh under control.
4. **STEADFASTNESS:** Perseverance for the journey no matter the level of difficulty.
5. **GODLINESS:** Living the life Jesus lived.
6. **BROTHERLY AFFECTION:** Developing a fondness and loyalty for our Christian brothers and sisters.
7. **AGAPE LOVE:** The kind of love God has for his children and those who are not yet saved.

### 4. True disciples of Jesus strive to be balanced \_\_\_\_\_.

- Find a balance in these three relational groups:

#### - Begin with the people in your \_\_\_\_\_.

1 Timothy 5:8 ESV - *But if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever. Secondly, make the people of God a priority.*

#### - Make the \_\_\_\_\_ of \_\_\_\_\_ a priority.

Galatians 6:10 ESV - *So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.*

#### - Be committed to reaching those who are \_\_\_\_\_ of the church.

Colossians 4:5, 6 NIV - *Be wise in the way you act toward outsiders; make the most of every opportunity. v.6 Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.*

*Be gracious with your words, actions, and judgements!*

*Find balance and avoid extremes!*

## NOTES

## GROUP DISCUSSION QUESTIONS:

1. Mental balance is directly related to your renewed mind, which we talked a lot about in M1. Evaluate how you are doing with the renewal of your mind and how it is affecting your mental balance. Do you feel like you are operating more in the wisdom of man or the wisdom of God?
2. On a scale of 1-10, 1 being unbalanced and 10 being perfectly balanced, how balanced do you think you are physically? How do you think that might affect your journey as a disciple of Jesus?
3. Talk about one right thing you can do this week concerning your spiritual balance. (i.e. I could definitely do better with steadfastness. When things get hard in life, I have trouble staying strong and steady. This might be because...)
4. On a scale of 1-10, 1 being unbalanced and 10 being perfectly balanced, how do you feel like you are doing socially?
5. What else about this lesson jumped out to you?