



**PEEPLS VALLEY  
BAPTIST CHURCH**  
Together we are becoming!  
One Spirit

**Making 2020 A Year For:  
A Balanced Life**



## BALANCING YOUR PERSONAL LIFE

SERIES: 2020\_01

JANUARY 12, 2020 / 15 TEVET 5780 SUNDAY MORNING

Luke 2:52 KJV

<sup>52</sup> And Jesus increased in wisdom and stature, and in favour with God and man.

INTRODUCTION

### GOD WANTS US TO LIVE BALANCED LIVES

#### I. THE PROBLEM OF IMBALANCE

Most people tend to work on the \_\_\_\_\_ areas of their lives and let the \_\_\_\_\_ areas slide.

As I am "overexposed" and "underdeveloped"?

2 Results

1. \_\_\_\_\_

2. \_\_\_\_\_

#### II. THE AREAS OF YOUR PERSONAL LIFE

Jesus -- our example of Perfect Balance. **Luke 2:52**

The 5 Areas: We need to have

1. \_\_\_\_\_ Balance **Rom. 12:2**

2. \_\_\_\_\_ Balance **1 Cor. 6:19-20**

3. \_\_\_\_\_ Balance **2 Peter 3:18**

4. \_\_\_\_\_ Balance **Gal. 5:22-23**

5. \_\_\_\_\_ Balance **Rom. 12:16-18**

### III. HOW TO GET STARTED (in Balancing your Personal Life)

Step # 1 Take \_\_\_\_\_ **Prov. 14:8**

Step # 2 Write Down a Plan of \_\_\_\_\_ **Eph. 5:15-16**

Step # 3 Establish Christ at the \_\_\_\_\_ of your Life **Col. 1:15-17**

#### Conclusion

What are the benefits of being balanced in life? They are innumerable. If you get your personal life in balance, you will have more contentment. You'll be more confident. You will have fewer aches and pains.

You will have more energy. You won't wear out as easily because your life is in balance and you're not creating a rough spot in your life. You will enjoy life more. You will be more mentally alert.

You will be deeper spiritually. You will be more emotionally stable. You will feel better physically. You will enjoy your friendships and relationships much, much more.

I think imbalance is the number one problem I see in people's lives. It shows itself in many different forms because we get imbalanced in different areas. But it's the same root and it's what we're going to work on together.

We're not talking about a self-help program where you go out and change your life on your own willpower. We're going to look at how Jesus Christ can make a difference. The starting point is put Him at the center.

Would you pray a prayer in your heart right now and ask Him to be the center of your life? Whether you've ever done it before or if this is the fiftieth time, would you ask Him to become the focal point of your life so that everything else will be brought into balance?

If your life is falling apart, would you say, "Jesus Christ, would You take the pieces and put it back together?" He loves you; He wants to help you; He's waiting on you.

Lord, I thank You that You can help us to live balanced lives. Thank You that the principles of balance are found in Your word.

1. Public / Private 1. Frustration 2. Fatigue II. 1. Mental 2. Physical 3. Spiritual 4. Emotional 5. Social III. 1. Inventory 2. Action 3. center