



*Divinely Blessed & Restored*

# BALANCING YOUR LIFE<sup>®</sup>

Submitted By: Sis. Doris B. Ryans

*And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me. For whosoever will save his life shall lose it: but whosoever will lose his life for my sake, the same shall save it.* Luke 9:23-24 KJV

As I thought about the beginning of 2008 I had to stop and reflect upon 2007. It is always good to review in order to identify lessons learned and to determine changes you can make going forth. One of the main areas I wanted to examine was the impact of my life as a disciple for Christ. I must say because of life situations and job situations I questioned if I had been as effective in this area as I should have been. I realized in order to not repeat 2007 and to instead become more effective as a disciple for Christ, I had to ensure a proper balance in my life.

Webster defines balance as *“a state of equilibrium, equality between the totals of two sides, harmonious arrangement or adjustment.”* My goal and I challenge you to also embrace this goal, is to ensure I have a balanced life, which will allow a state of equality between home, job and church.

As I ponder this challenge, I realize as adults we never seem to have a problem understanding the importance of home and job, but church is another matter. First of all, since *“church”* is a pretty broad category, to be sure we don't fall into the age old theory that *“church”* means going to the church house once a week on Sunday, I want to be more specific. Immediately I am reminded of the five purposes for our life identified by Rick Warren in the Purpose Driven Life. They are:

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- ❖ Worship - To love god through worship.
- ❖ Ministry – To serve and show love for others through ministry.
- ❖ Evangelism (mission) – To share God's message to unbelievers.
- ❖ Fellowship – To be apart of God's family through fellowship.
- ❖ Discipleship – To become like Christ and to grow.

Our human nature tends to lead us toward activities (purposes) we are most passionate about and that can result in our neglect of activities that are not. However, if we are walking the Christian walk all five of these purposes should be pursued in our daily life. In order to do this, balance is essential! Maintaining balance doesn't just happen - you must create balance. It is a daily commitment and you have to develop strategies to accomplish balance in your life. I am going to share a few that I have found to work for me:

- ❖ Establish a system that promotes accountability: Partner with someone (a prayer partner would be great) that will serve as a “check and balance”. The beginning of the year is an excellent time to sit down together and identify to each other your goals and objectives and how you plan to accomplish them.

- ❖ This provides someone to talk with, to share your triumphs and your challenges. I Thessalonians 5:11 tells us we are to encourage one another and build each other up and this form of partnership is doing just that. You have someone there to provide suggestions and most importantly encouragement when life's challenges and interruptions seem to make it difficult to stay on course. As you are doing this you are actually fulfilling some of your life purposes, fellowship and discipleship.
- ❖ Evaluate often: Lamentations 3:40 tells us to examine our ways and test them, and let us return to the Lord. Self-examination on an ongoing basis is necessary to know if you are hitting the target or missing the mark. Self-evaluation should not be avoided because deficiencies may be found. Remember, we are not perfect and we will fall short. However, self-evaluation ensures you will timely identify your weakness and allow for changes to be made to allow you to reach your goal. Perhaps you will find there is nothing you can delete from your daily schedule so in order to get your 15 minutes of bible study in, you will need to set the alarm clock to rise 15 minutes earlier. Self-evaluation will uncover this challenge and allow you to come up with a solution so you can still realize your goal.

Maintaining balance is a conscious decision that begins with the conscious decision to have an active not passive relationship God. It is realizing that God wants us to live orderly lives and fruitful lives. So let's begin 2008 with a "renewed mindset". Evaluate 2007 and identify what worked and what did not. Write down your goals and objectives, identify what you are trying to accomplish. Then begin, one day at a time to manage distractions and procrastination. Periodically review how you are doing and buddy with someone who can hold you accountable. We have a great work to do as Christ's disciples!!! Let's begin today to make sure we are living lives that allow us to *Worship Him, Minister to Others, Witness to Others, Fellowship Together and Grow as Disciples*. We can as we develop and live a balanced life! Amen!

### **HAVE YOU STARTED YOUR JOURNEY WITH CHRIST?**

Our purpose in this article and daily scriptures is to encourage a heart-to-heart relationship with God. If you do not know God in a personal way, we invite you to make the first step today to receive God's love and the salvation that only Jesus Christ can give. Here are five steps you can take to receive salvation:

1. Recognize you are a sinner and need salvation. The Bible tells us "all have sinned and fall short of the glory of God" (Rom. 3:23).
2. Repent of your sins. Sin separates us from God. By confessing your sins and turning from them you are forgiven. The Bible says: "If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness" (I John 1:9).
3. Believe in Jesus. God sent His Son to die so that He could pay for all our sins. The Bible says: "For God so loved the world, that He gave His only begotten Son, that whoever believes in Him should not perish, but have eternal life: (John 3:16).
4. Receive His Salvation. Jesus Christ is a gift you must receive and welcome to live in your heart. He promises: "But as many as received Him, to them He gave the right to become children of God: (John 1:12).
5. Confess your belief verbally. The Bible assures "If you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved: (Rom. 10:9).

You now have been born again! Tell some else your good news and connect yourself with a church home as soon as possible. God Bless and Keep You!

**Divinely Blessed & Restored**

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**CALENDAR**  
*of Events*

# January

**CALL TO MINISTRY**

Please join Sis. Doris B. Ryans as she accepts her call into the ministry  
under the leadership of Pastor Joseph B. Barlow, Jr.

**January 11, 2008**

7:00 p.m. @ Mt. Zion Missionary Baptist Church

# February

**COFFEE, TEA & THEE®  
CHRISTAN BOOK CLUB**

Meet and Discuss. It's not about you It's about God!

by: **Rebecca Florence Osaigbovo**

**February 7 – March 27, 2008**

6:00 p.m. – 7:30 p.m. @ Panera Breads

**Make sure that you check our website for updates and  
upcoming events!!**