LIVING A BALANCED LIFE
Dr. Walter P. Atkinson

PURPOSE:
...To consider the balance which a life must have in order to please God who expects every person to live in moderation and balance without inordinate extremes and excesses.

...The group discussion will involve consideration of the following:
  1. What is a balanced life according to Scripture?
  2. What are the dangers and pitfalls of living that is not balanced?
  3. What are some of the excuses used for not living in balance?

...How can a person guilty with excesses and neglects become balanced in life with proper use of time and information from Scriptures?

...The Scriptures are the best source of reference to find a life of proper priorities which occur because of Scriptural balance.

...Please note the words and attitude of Jesus relative to balance in living.

Woe to you, scribes and Pharisees, hypocrites! For you pay tithe of mint and anise and cumin, and have neglected the weightier matters of the law: justice and mercy and faith. These you ought to have done, without, without leaving the others undone. Blind guides, who strain out a gnat and swallow a camel! Even so you also outwardly appear righteous to men, but inside you are full of hypocrisy and lawlessness. –Matthew 23:23-24, 28

...The Word of God emphatically and without question, calls for balance in life. Every person on the face of the earth will answer to God relative to balance in life.

WHAT IS MEANT BY A BALANCED LIFE?
...It is a life pleasing and acceptable to God, lived by a person of faith, who knows God personally and intimately by “confessing and forsaking sin” (Proverbs 28:13).

...It is more than church membership, and water baptism. It is more than some tears and a good feeling. It is more than “turning over a new leaf.” It is more than shaking a minister’s hand. It is knowing Christ personally in experiencing the redemptive blessings and benefits which He purchased through His sacrifice.

...It is “that I may know Him...in the power of His resurrection and suffering.” It is the life of a person who obeys God honestly and consistently.

...It is a life that blesses others by example.
...It is the life of a person who lives out Christ daily according to the Holy Scriptures in humility through the power of the Holy Spirit. It is an exemplary life of purity and power that leads others to God and eternal life.

**HOW IS A BALANCED LIFE ACCOMPLISHED?**
...It comes by accepting and knowing God’s Word God’s Word. Knowing God is based on accepting God’s Word by faith as the guide to proper relationship with God and others on the basis of His Word. Jesus was the “living Word of God in the flesh” and the example for every-day life.

...It is lived by total commitment through the Spirit. The Holy Spirit is divine guide and leads into all Truth. The Truth makes one free.

**WHAT ARE THE RESULTS OF A BALANCED LIFE?**
...There is that assurance and joy of pleasing God who wants His children to have the peace of His forgiveness and provision. Joy is the result.

...There is spiritual witness that blesses and leads others. “The Spirit of God bears witness with us that we are children of God.” There is satisfaction of knowing readiness for the rapture. “By this shall you know that you are My disciples.” Jesus said, “I know mine and they know Me.” The written Word bears witness that we are “Children of God.”

**STUDY QUESTIONS:**
1. What is the meaning of a balanced life according to the Word of God?
2. Can non-Christians live a balanced life? If not, why?
   In your words give your opinion of what a “balanced life” is to be.
   Who is the greatest living example of a balanced life?
   Did that one face similar challenges as we face today?
3. Please give your opinion as to some of the results of a balanced life?