

Week 2 Balanced Life

Listen to this quote: “God must control your mind since it motivates the body. (MM good statement)

Developing and disciplining your mind are initial steps in maturing in the Christian life.

Be aware of the world and events around you, Learn to listen clearly think through the issues to the central issues

Your mind has unlimited potential.” (Nice quote, what do you think?)

Today we will look at four areas of balancing the mental or learning aspects of our life.

Just like the other aspects this affects our balance in life.

What I am going to do is give you the title or area we will look at, then read a verse and unpack that verse

in relation to the concept. Here we go.

1. Your thoughts

Philippians 4:8 (ESV)

8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about it.

Your thought life is the foundation of your attitudes and motives. To think is to form ideas and concepts in

Just like any part of life, the mind is “feed”.

And much like anything – you put **garbage in you get garbage out.**

Let me explain.

a. If you hang around people who swear a lot, you will find you become desensitised to it and eventually probably swear yourself.

b. What you watch on TV impacts on your mind. We see a lot of commercials for supporting children in certain situations. Eventually, we turn off and we no longer notice the need.

Basically what we are saying here is:

Fill your mind with God stuff, even more specifically, Fill your mind with God stuff.

Now what I need to point out here is our need to be on the ball with this.

If you are normal – you will have wrong thoughts. Eg Women getting out of McLaren sports car with her friend

Most of the guys were thinking the WRONG things.

Deal with it, identify it as wrong and move on.

2. Your attitudes and motives

Proverbs 23:6-7 (ESV)

6 Do not eat the bread of a man who is stingy; do not desire his delicacies,

7 for he is like one who is inwardly calculating. “Eat and drink!” he says to you, but his heart is not

Philippians 1:9-11 (ESV)

9 And it is my prayer that your love may abound more and more, with knowledge and all discernment,

10 so that you may approve what is excellent, and so be pure and blameless for the day of Christ,

11 filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.

Two passages here and they link the previous concept with this attitudes and motives idea.

The first one basically says don't eat with someone who has an agenda that isn't like yours.

The second passage is about developing your attitudes and motives.

One thing we need to be aware of is the development process of finding balance. The development process is growing our attitudes and motives. When we are young Christians our motives can be selfish. Nearly, what

I get out of God yet as we grow we develop empathy, compassion, understanding and our love portion de
I have to be honest, when I became a Christian, my motive for giving my life to God was because I was sca
God, the Holy Spirit has done a work in me. Now I react in love to God and to others. Sometimes it is not r
But I am still developing.

Let me unpack the concept a bit more.

A Motive is simply why we do something. So it appears logical that your attitudes about yourself and about
motivates the way you interact with others.

Self help type gurus will tell you that your ability to achieve is related to 2 important attitudes about yours

- i. **Your self confidence level**
- ii. **Your self acceptance level**

We only need to look to our relationship to God to have these characteristics balanced. Notice what
our second passage says again:

Philippians 1:9-11 (ESV)

**⁹ And it is my prayer that your love may abound more and more, with knowledge and all discernment,
¹⁰ so that you may approve what is excellent, and so be pure and blameless for the day of Christ,
¹¹ filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.**

We see our potential comes from Jesus Christ. Here it says our filling (What we have to give) We have the
of God, confidence from God that WE CAN do what He has called us to.

We can rest in the knowledge that He has called u, He has gifted us, we are valuable to Him. Mate doesn't
give you a heightened confidence level.

But it also puts into perspective that our attitudes and motivations need to be Jesus attitudes and motivat

3. **Your meditation**

Psalm 1:2 (ESV)

² but his delight is in the law of the LORD, and on his law he meditates day and night.

Psalm 46:10 (ESV)

¹⁰ "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the ear

These days meditation gets a bit confusing and as I said to the Sunday Night church last week, we often associate
word meditate with people sitting cross legged on the floor going OOMM. Meditating is to dwell on something, m
focus on something to thin k deeply about things.

It is one of the lost spiritual disciplines I think. The art of focusing and working through something.

I think we have a bit of a template of how to from the second passage. "Be still"

When we first start the meditation process, maybe we do need to just stop and make a deliberate point of mediat
or focusing on God's things. I often use a Psalm to do this. I have used this Psalm to remind me to stop and think.
Maybe we need to make it a habit, set aside some time each week to just meditate.

4. **Your studies**

2 Timothy 2:15 (ESV)

¹⁵ Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth.

I have to be realistic here, to present yourself to God as one approved takes some mental application. Each week we have to spend time getting my sermons right so that God approves them. But this isn't just a public presentation of your academic life is vital to balance in every aspect. We learn to be better social people, we learn to be better spiritual people, we learn about right food and exercise we are constantly learning. This isn't about academia as in getting a degree and PHD's, this is about the school of spiritual life lessons we learn from God.

I believe anyone can spiritually grow by either reading or hearing the bible. Why do I say hearing? Because I have known people who became Christians with no capacity to read. It is about hearing the word.

Initially, the New Testament was designed to be heard. Very few people could read, so the letters from Paul and other New Testament writers were sent and someone had the job of reading them out aloud. That is the process that changed the world. We are blessed, most people can read and understand the written word of God,

2 Timothy 3:16-17 (ESV)

¹⁶ All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness,

¹⁷ that the man of God may be complete, equipped for every good work.

Notice it talks about all scripture – it doesn't talk about how it is delivered. However ever it gets to your mind, it has impacted your mind. Whether it is you reading it, Allan reading it, me commenting on it, bible study discussing it, youth group presenting it, All Scripture is valid however it is put into your mind. What we need to be doing to continue the development of our minds are to expose ourselves to God's word.

Eg – Mark Pickford missing church – listening to the recordings of church sermons only took 1 day a week so he listened to other sermons, lectures and presentations. Made use of an hour each way to work and back – he grew spiritually.

Expose your mentality to God.

