

Balanced Life

Week 0

Intro – Balanced life of Jesus –

Luke 2:52

Luke 2:52 (ESV)

52 And Jesus increased in wisdom and in stature and in favor with God and man.

Notice there are four aspects of life included in that verse.

Wisdom which for the sake of the diagram aligns with the mental aspect of life

Stature aligns with the physical

Favour with Man aligns with the social and favour with God aligns with the spiritual aspect of life.

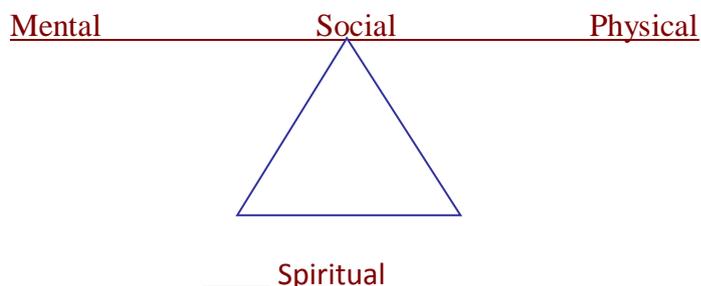
Is balance a:

Box

Spiritual	Social
Physical	Mental

Now this looks nice but it isn't really life is it. We don't compartmentalise life like that. Just imagine – 6 hours of physical training, 6 hours of leaning stuff, 6 hours of being with people and 6 hours of spiritual stuff. What about work, and sleep? Ok sure our jobs have components of each of these but reality is that life just doesn't fit comfortably into boxes like that.

A see saw



This is a different way of looking at it,. And in some ways makes more sense. Life is a balance. And reality has it that some things take more balancing than others. To balance the social and mental you may have to move the physical or maybe one is heavier than the others, but notice the pivot point is our spiritual life. When the relationship to God is in the right place life can be balanced. If we place the pivot point at one end we cant expect the

God relationship to work. The priority we have to make is putting God in the right place in our lives. Good example hey.

BUT

We don't see the interaction of different aspects of life overly well. Let's look at this one. Notice the spiritual is still the pivot point but reality is shown here to be a more difficult life balance. Let's see how a few people can balance it. One big thing here is that each person has to work with the other. The same with our lives, each part of life interacts with the rest.

A wheel

All very interesting and the imagery makes the point well. But we will unpack each aspect over the next four weeks. But today we are looking at the whole.

These concepts again mentioned
Romans 12:1-2

Romans 12:1-2 (ESV)

¹ I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

² 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.

Notice the linking that Paul does here.

¹ I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice,

Living sacrifice – all of life, what we have to offer God is more than a mental acknowledgment on a Sunday morning. It is all of life, all of lifestyle and inclusive of every aspect of our lives.

to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

Spiritual worship is done by the body presented – Spiritual and Physical combine.

² 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.

Renewal of the mind – Spirituality is affected by physicality and information.

What Paul is getting at is the holistic concept of our relationship to God. Our spirituality is affected by our physicality and our academia and our sociality. While we mostly accept this in theory, we need to realise that it isn't always easy to get it all to work together.

That's what this series is about.

