

What Does Being ‘Balanced’ Mean?

Godly Elements is a concept that is from the 7 Dimensions of Wellness. I recognize them and believe they should be followed in this following order; Spirit & God, Emotions & SelfCare, Aspects of Body, Surroundings, Reflection & Education, Social Aspects and Money & Finance. Four years ago

I went on this quest to get my life in order because everything I was doing wasn’t getting me anywhere. I went on YouTube and just started learning everything, not knowing I was shedding off my old man.

I knew I was on a healing journey but didn’t think it would turn into me giving my life to Christ a few months later. It’s been since 2021 and I’m still going strong. Praise God!

I came across the 7 Dimensions of Wellness and started putting content out to hold myself accountable to create this new life I never saw around me, a life that was healthy and honest. I got licensed as a Wellness Coach shortly after my baptism and realized everything I was learning was rooted from Biblical principles. This concept isn’t new, someone had came across them and used this wisdom as of from the world. God said ‘Now talk about me’. This is when everything shifted in my work and it became centered around Christ. I deleted most of what I had put out prior, my practice run if you will.

‘A false balance is an abomination to the Lord, but a just weight is His delight’ (Proverbs 11:1). There’s many dimensions/ aspects/ levels/ elements that go into our overall well being. There’s many areas, seven really, in our lives that have a list of things to keep each area balanced. Nothing in our lives can be in true purpose without knowing the will of God for our own personal lives as well as a whole. Everything starts with Him. Everything. Many people chase money just to find out they’re still empty when they receive the tangible of this world. They go on a quest seeking spiritual counsel, which isn’t the guidance of the Holy Spirit in most cases. Still without full assurance in life.

Lately I’ve noticed that God has been getting His house in order, it starts with the church. Most people are unable to respect or follow a chain of command/ authority because they know they’re not living in a way that’s moral. They have a disrespect towards cops and overall government but really because they aren’t ready to come clean within their own lives. Those who want the cops in the community understand that there must be boundaries to keep the peace. There must be laws that are beneficial to the people, for the people, so that there’s order. This is exactly what the Bible does for us. God is a governing authority that we allow into our lives to get us on track to who we’re meant to be. We follow His law because we understand that safety comes from obedience, from grace.

Those who don’t follow Christ will forever be exposed to the lies of the enemy, unarmored and defenseless. Weather we want to admit it or not, we’re all in a spiritual war that has been able to take most of the population due to their disobedience towards God. They run to the gun and pull the trigger themselves then blame God for allowing it to happen. God will give chance after chance until our stubbornness keeps us from being able to hear His voice. He’ll let us hit our head into the same door time and time again until we realize we can open the handle to get in. Most people want the hard way because they think living for God is giving up their freedom. Eventually, God will let them be, turning His back on them.

Whenever God is going to ‘next-level’ you, He gets you in order. I’ve noticed that I haven’t been talking about the 7 Dimensions of Wellness or was quite sure I even understood what they fully meant. So, God had me go back to the drawing board to set up a game plan that will encourage others to get their lives in order, putting mine as an example. Now I’m by no means perfect, but perfection is the goal. Glory to glory, Amen?

So, what are Godly Elements? They are fundamentals in our lives to maintain so that our overall wellness is operating from a place of being in alignment with God and His Word. They’re Godly Elements to live by so that we’re able to live well and be happy. There’s a lot of people who didn’t grow up in church or in a great example of what a church is supposed to be like, myself included.

Most of us have experienced church hurt and wouldn’t want to go to one anytime soon, or at least not physically.

I encourage church hopping because it exposes you to the types that are out there. Of course you have to be reading the Bible for yourself to know who’s teaching it, but you’ll ultimately come across a spiritual mentor or two that is able to challenge you and you’re able to receive from. You’ll see how there are many corrupt church’s, dead ones, those with a misinterpretation, and so forth. There’s one truth. The goal is to get as close to that truth as possible while becoming the Word in your own life.

I personally receive from Dr. Myron Golden and Dr. Myles Munroe, both found on YouTube. They’ve helped my mind transform to one that is visibly different. I’ve had others, depending on the season of my life I was in. I asked God for mentors and He gave them, also telling me when to incline my ear to someone else because they were only able to take me so far. I’ve submitted myself to a church in Houston, the Voice of Healing. You can find them on YouTube too. God has been using them to perfect His bride, at least this one and those who have been faithful to that church. I’m not saying to listen to the people I do, I’m saying to ask God to send you those you’re able to receive from. It’ll be a test of your discernment, seeing if you’re hearing from God or not.

It's good.

I wish to join with my Bible Peeps, those who want to grow in Christ, don’t mind being held accountable and will actually do the work to live out the Bible so that their lives can be balanced. I will serve these people through Christ. Those who can receive from me. Not everyone will be called to your voice just as you’re not called to everyone either. You shouldn’t have too many people you eat from otherwise you’ll get spiritual food poisoning. I have three I’m able to digest from without problem; one who is living, one who isn’t and an actual church. Granted none of these people know I exist but this is the point for this new accountability God is holding us to.

A community where we can talk about growth and becoming balanced in our lives. A safe place to share testimonies and be encouraged by the other for those who don’t see the lifestyle they’re aiming for around them physically. I want to be around the people that love God, not just those that go to church to please Him, when really it doesn’t. God loves a cheerful giver, one who gives their time to Him so that they’re able to know Him on a deeper level. I want to hear how God is moving in my peers. I want to be encouraged too. In the counsel of the wise there is safety. I want a pace for God to move for people that are truly seeking Him without the community but with the desire for one.