

## BALANCE OVERVIEW

**‘It’s not the speed of life that kills you but the stress (imbalance) of it.’**

**- Dr. Jonas Miller / Endocrinologist**

**Tires of a car wear out more quickly from imbalance than velocity.**

**A BALANCED LIFE      ‘Watch your life and your doctrine’ - 1 Timothy 4:16**

- Guard, feed and exercise your spirit, mind and body
- Take time to worship, work, witness, war, weep, rest, remember, rejoice
- Apply 4 leader aspects: Lion, Ox, Man, Eagle
- Know the grace of Jesus, Father’s love and Holy Spirit fellowship - 2 Cor.13:14

**BALANCED BELIEFS (Be willing to learn from various streams in Christianity)**

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| ● God’s sovereignty - Daniel 4:35      | Man’s free will - Rev. 22:17               |
| ● Reign as kings - Romans 5:17         | Live like soldiers - 2 Timothy 2:3-4       |
| ● Prosperity, blessing - 2 Cor. 8:9    | Sacrifice, simplicity - 1 Tim.6:5-11       |
| ● Confess your sins - 1 John 1:9       | Confess your righteousness - 2 Cor.5:18-21 |
| ● Know the Scriptures - Matt.22:29     | Know the Power of God                      |
| ● Holy Spirit fruit - Galatians 5:22   | Holy Spirit gifts - 1 Cor. 12:8-10         |
| ● Holy Spirit in us                    | Holy Spirit upon us                        |
| ● Character of Jesus in me             | Capability of Jesus through me             |
| ● Justification - Romans 5:9           | Sanctification - 1 Thess. 5:23             |
| ● Claim God’s promises                 | Conditions for the promises                |
| ● Christ in you - Galatians 2:20       | Who you are in Christ -                    |
| ● Consider God’s goodness              | Consider God’s severity - Rom.11:22        |
| ● Full of grace - John 1:14            | Full of truth                              |
| ● Compassion/loving Father             | Justice/ righteous Judge                   |
| ● Jesus is Savior                      | Jesus is Lord                              |
| ● Faith - Galatians 5:6                | Love - 1 Corinthians 13:2                  |
| ● Moral law vs. Legalism               | Freedom vs. hyper-grace,license to sin     |
| ● God is happy! - 1 Tim.1:11           | God is Holy - 1 Peter 1:15-16              |
| ● God is comfort - 2 Cor.1:3           | Fear and awe of God - Hebrews 12:28        |
| ● Be positive - Philippians 4:8,13     | Be real - 2 Cor.1:8, 6:3-10; 7:5, 12:10    |
| ● Humans are weak, dust Ps.103:140     | Divine nature -2 Peter 1:4, Romans 8:14    |
| ● Rigid, stable, rational orthodoxy    | Warm, emotional, relational, orthopraxy    |
| ● Healthy habits and way of life       | Healing paths and miracles                 |
| ● Long for Christ’s return-Heb.9:27,28 | Occupy ‘til He comes - Luke 19:13          |
| ● Be faithful                          | Be fruitful                                |
| ● Freely receive - Matthew 10:8        | Freely give                                |
| ● Believe in Jesus Past and Future     | Believe in Jesus now! - John 11:21-27      |
| ● Kingdom, a King to serve and obey    | Family, a Father to love and enjoy         |
| ● Hell is real                         | Heaven is real                             |
| ● Devotional prayer                    | Intercessory prayer                        |
| ● Refresh others generously            | Be refreshed! - Proverbs 11:25 NIV         |

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