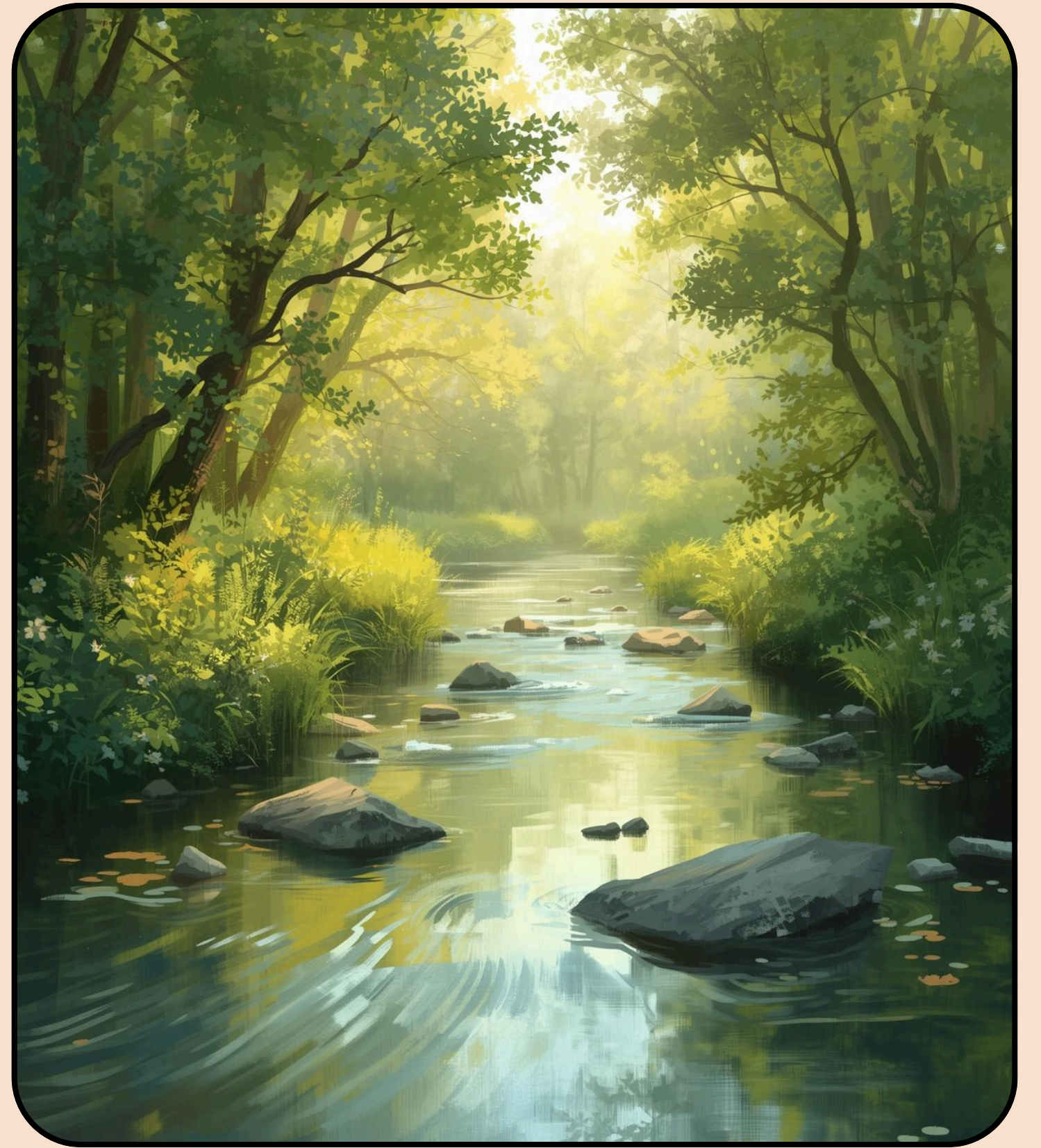


LESSON 1

Foundations of a Balanced Life...

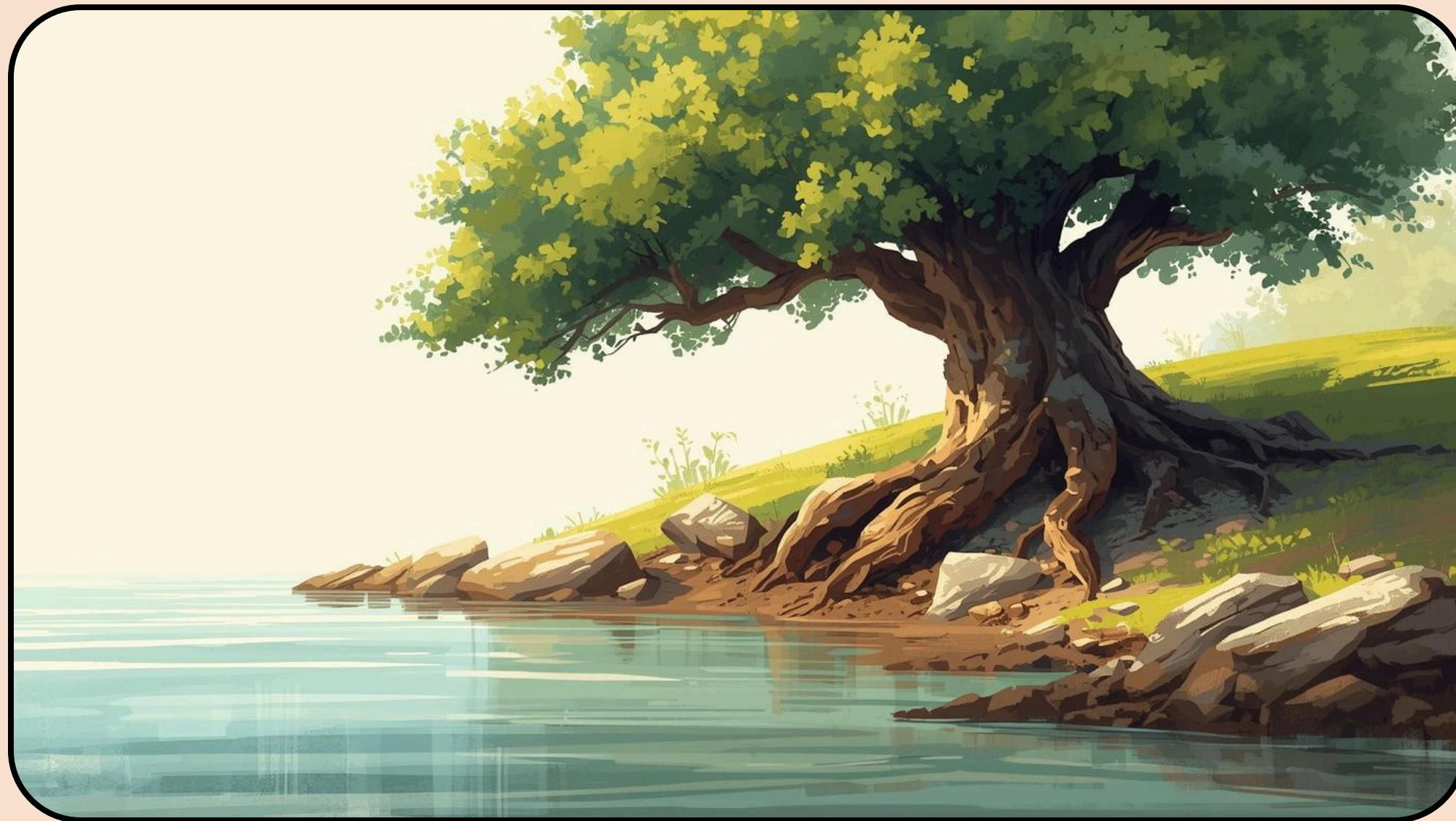


Key Scripture: Matthew 6:33



But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

Key Scripture: Psalm 1:1-3

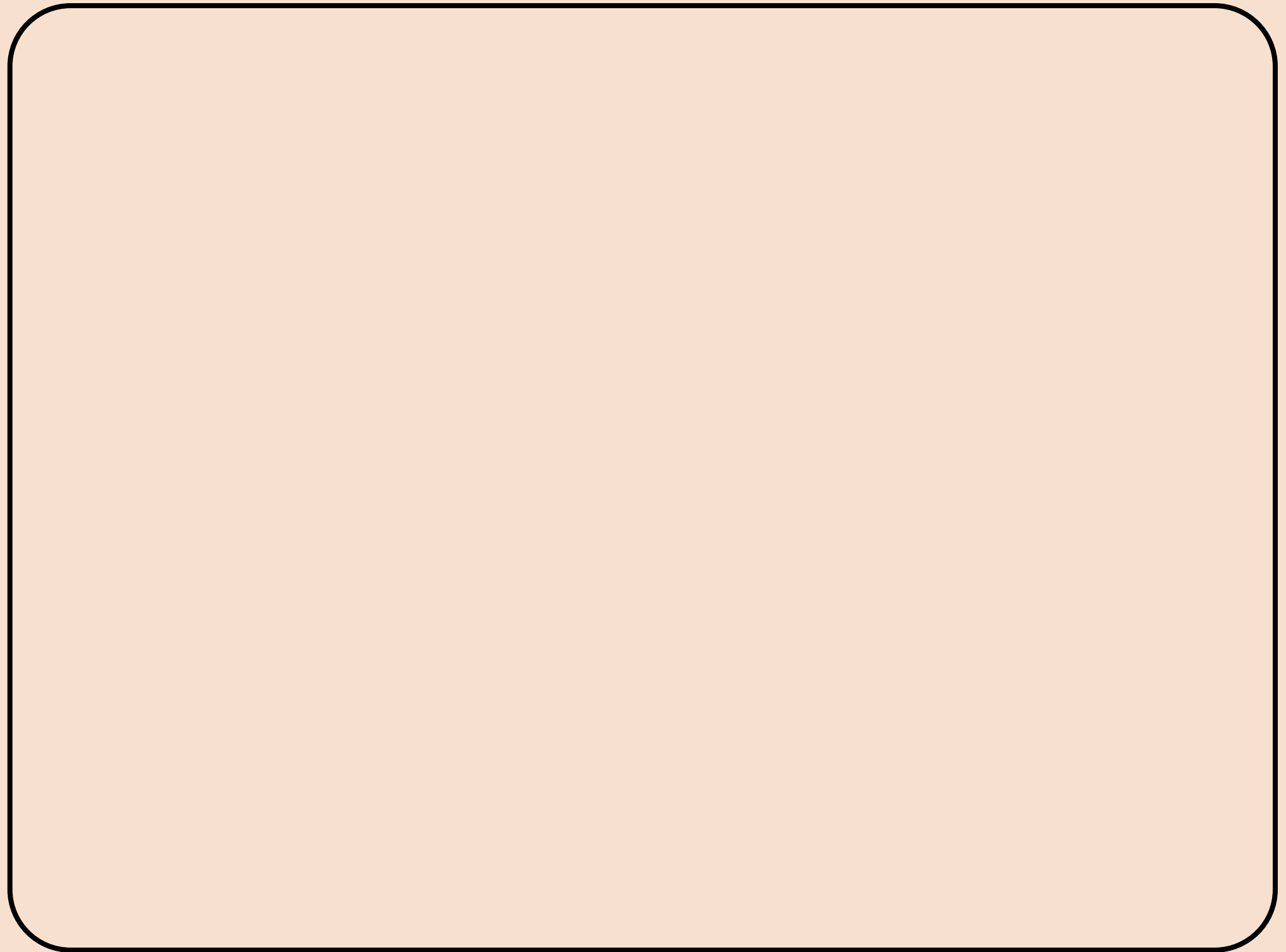


Blessed is the man
Who walks not in the counsel of
the [a]ungodly,
Nor stands in the path of sinners,
Nor sits in the seat of the
scornful;
² But his delight is in the law of the
Lord,
And in His law he [b]meditates day
and night.
³ He shall be like a tree
Planted by the [c]rivers of water,
That brings forth its fruit in its
season,
Whose leaf also shall not wither;
And whatever he does shall
prosper.

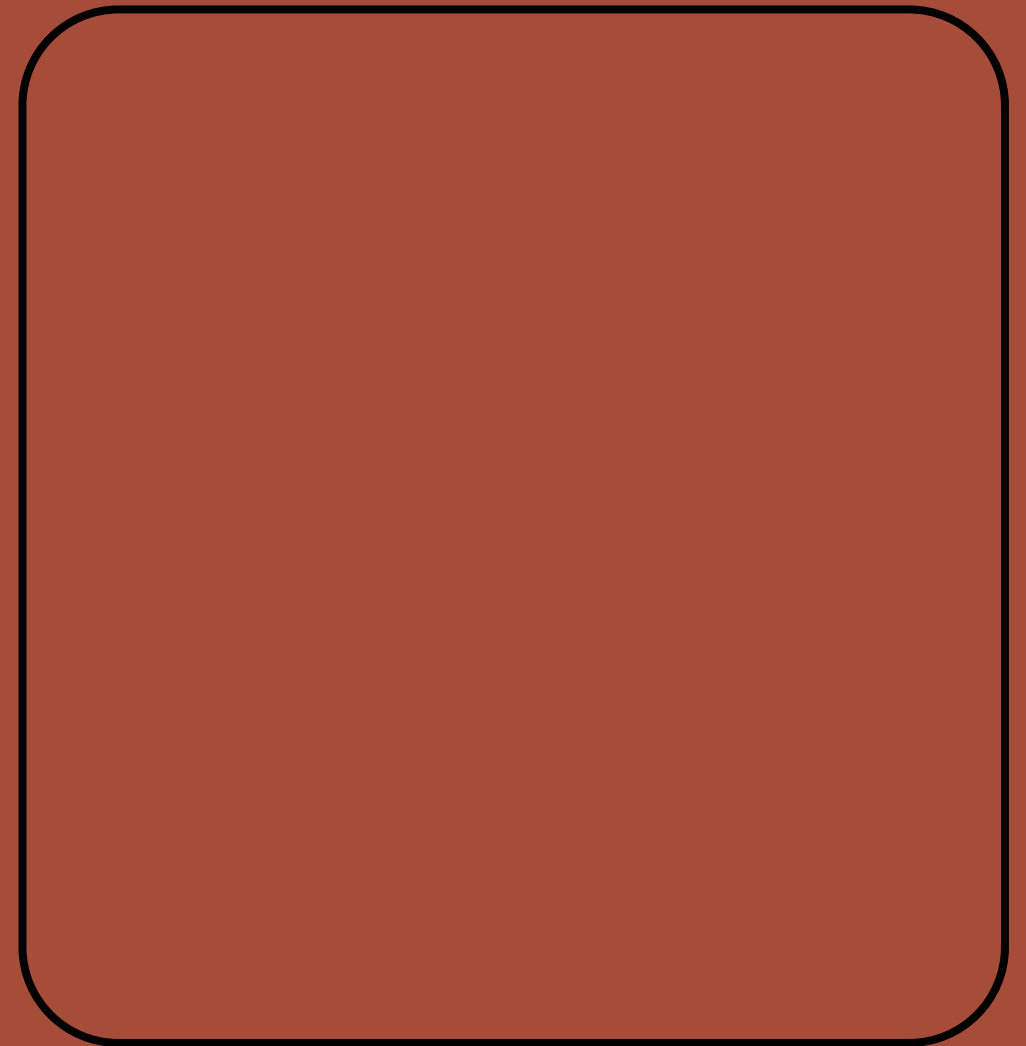
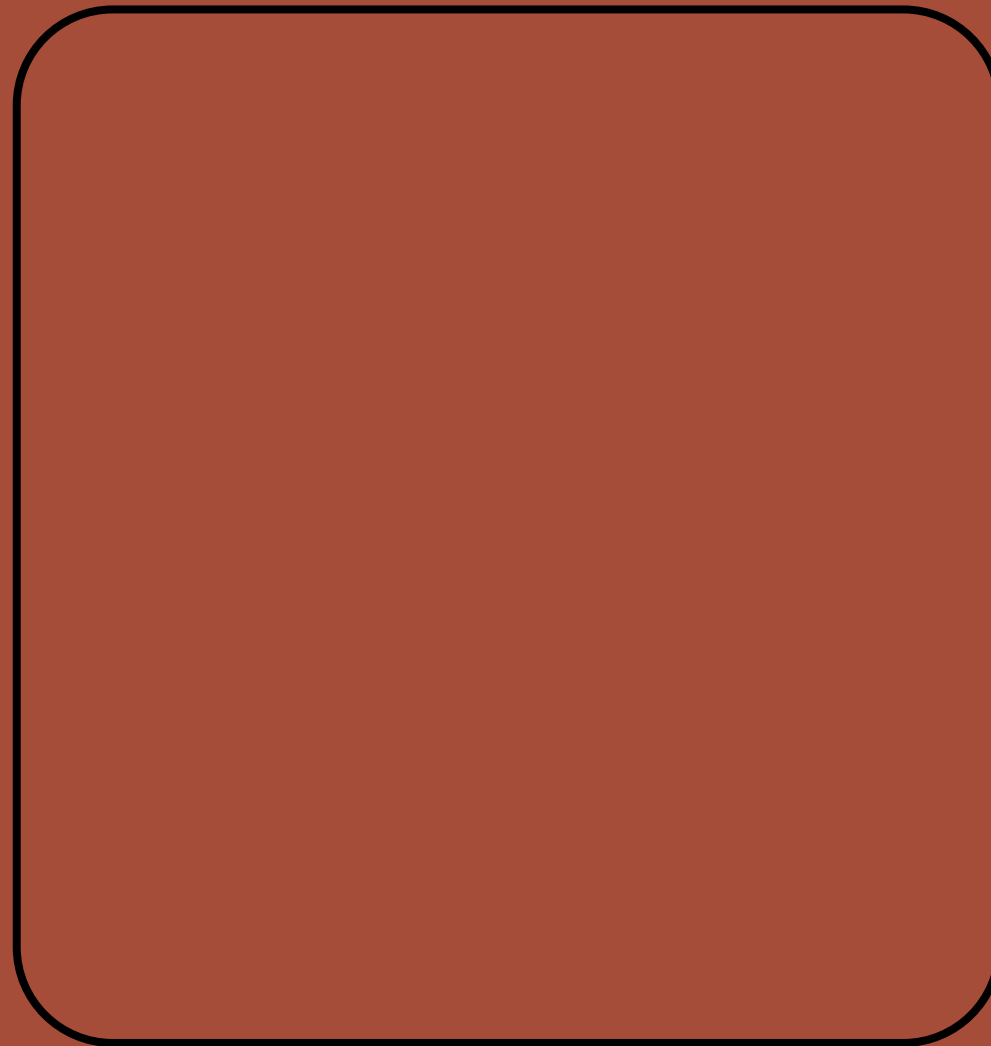
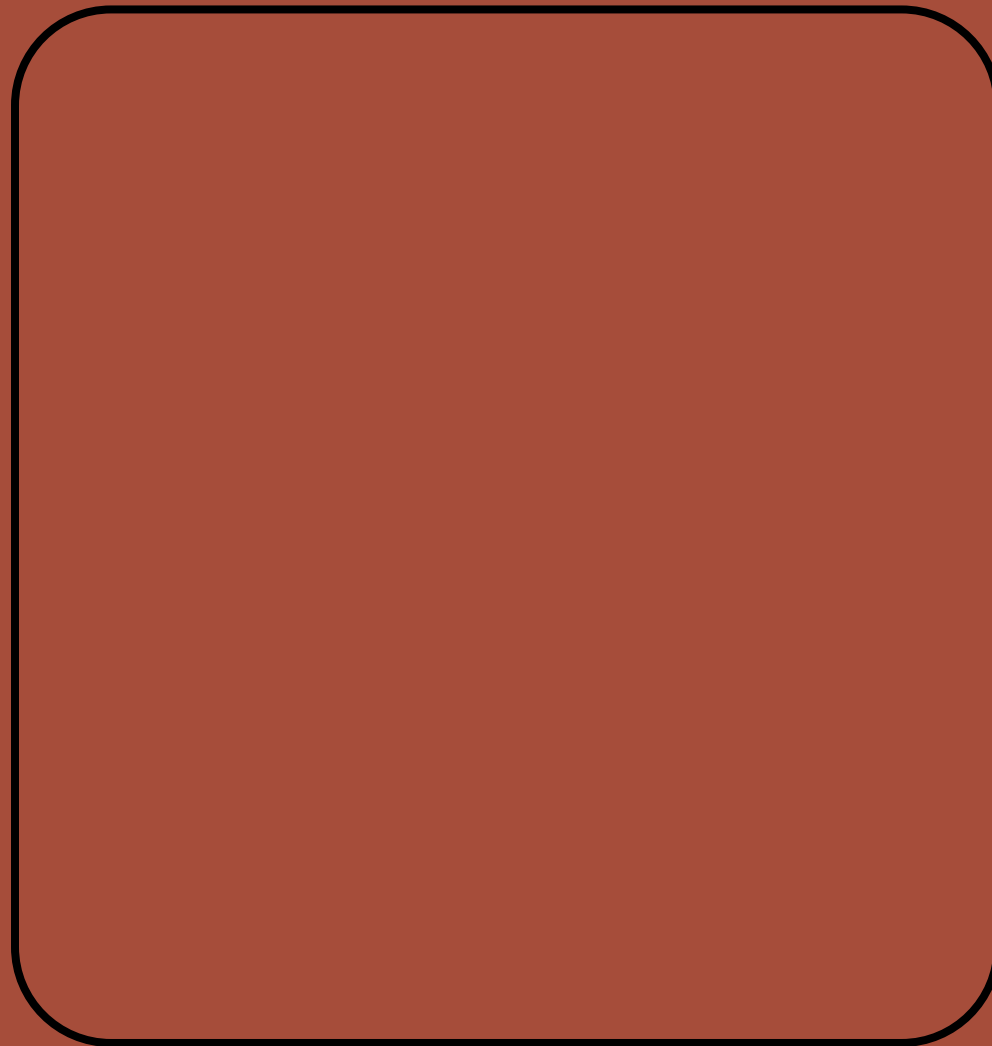
Focus

Understanding that true balance starts with God at the center.

**What
Does a
“Balance
Life” look
like for
you?**

A large, empty rectangular box with rounded corners and a black border, intended for a response.

How Do We Misplaced Priorities?





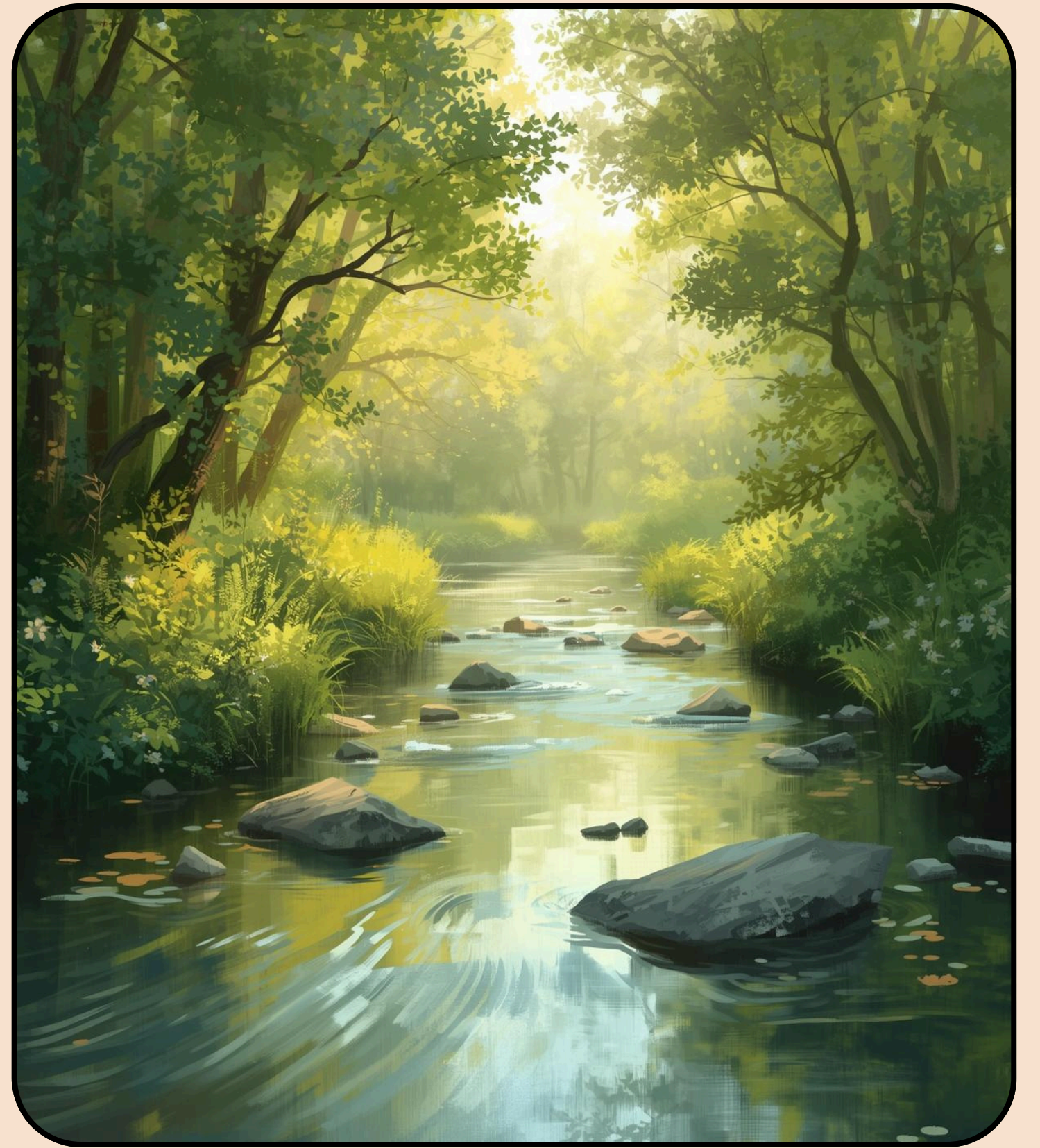
Action Step:

Identify one area of life that is out of balance and commit to pray about it daily this week

Living the Balanced Life



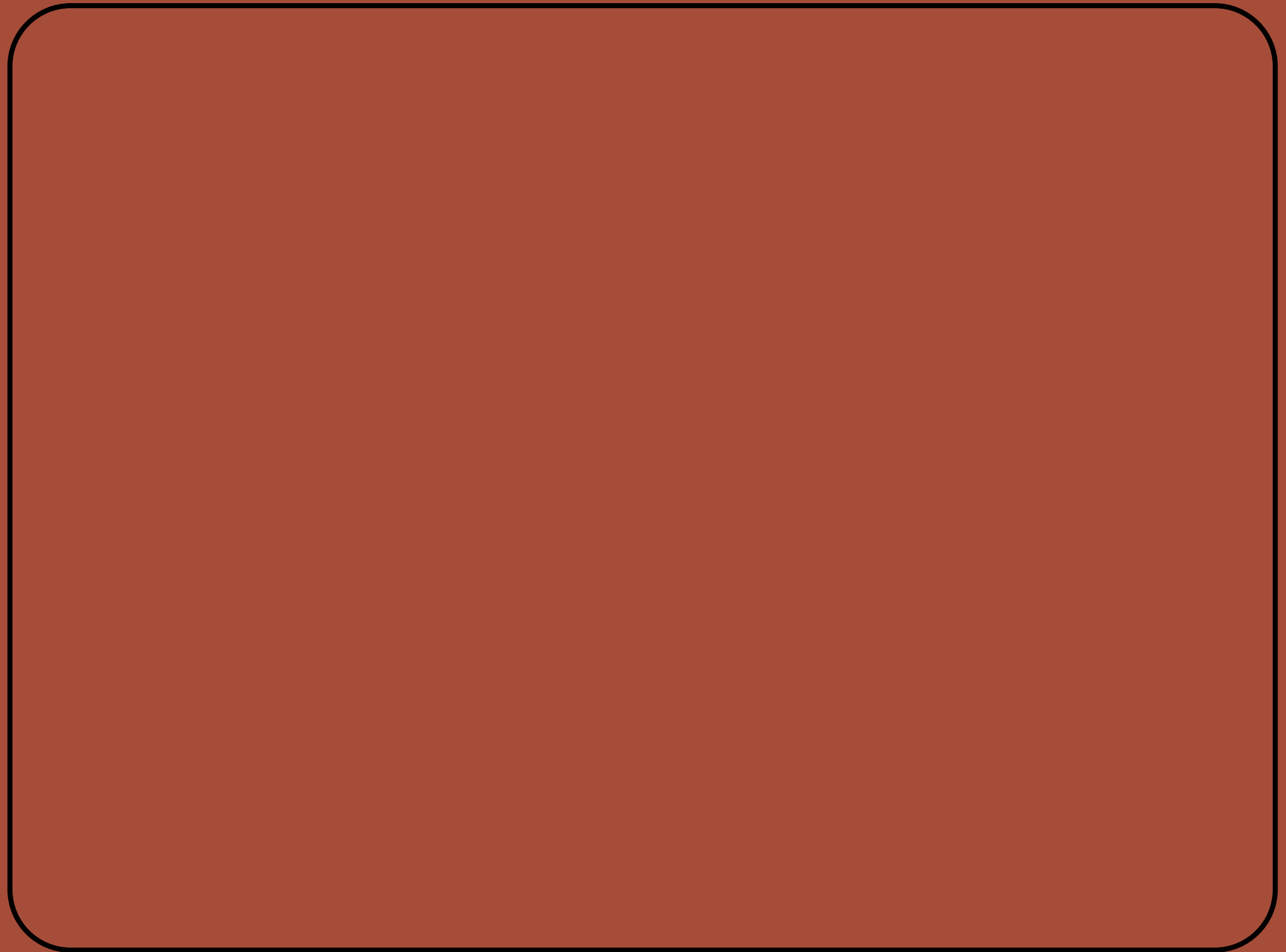
Foundations of a Balanced Life



Key Verse:
Matthew
6:33

But seek first the kingdom of
God and His righteousness, and
all these things shall be added
to you.

Fill-in- the- Blank Notes



Reflection:

My life feels most out of balance in this area:

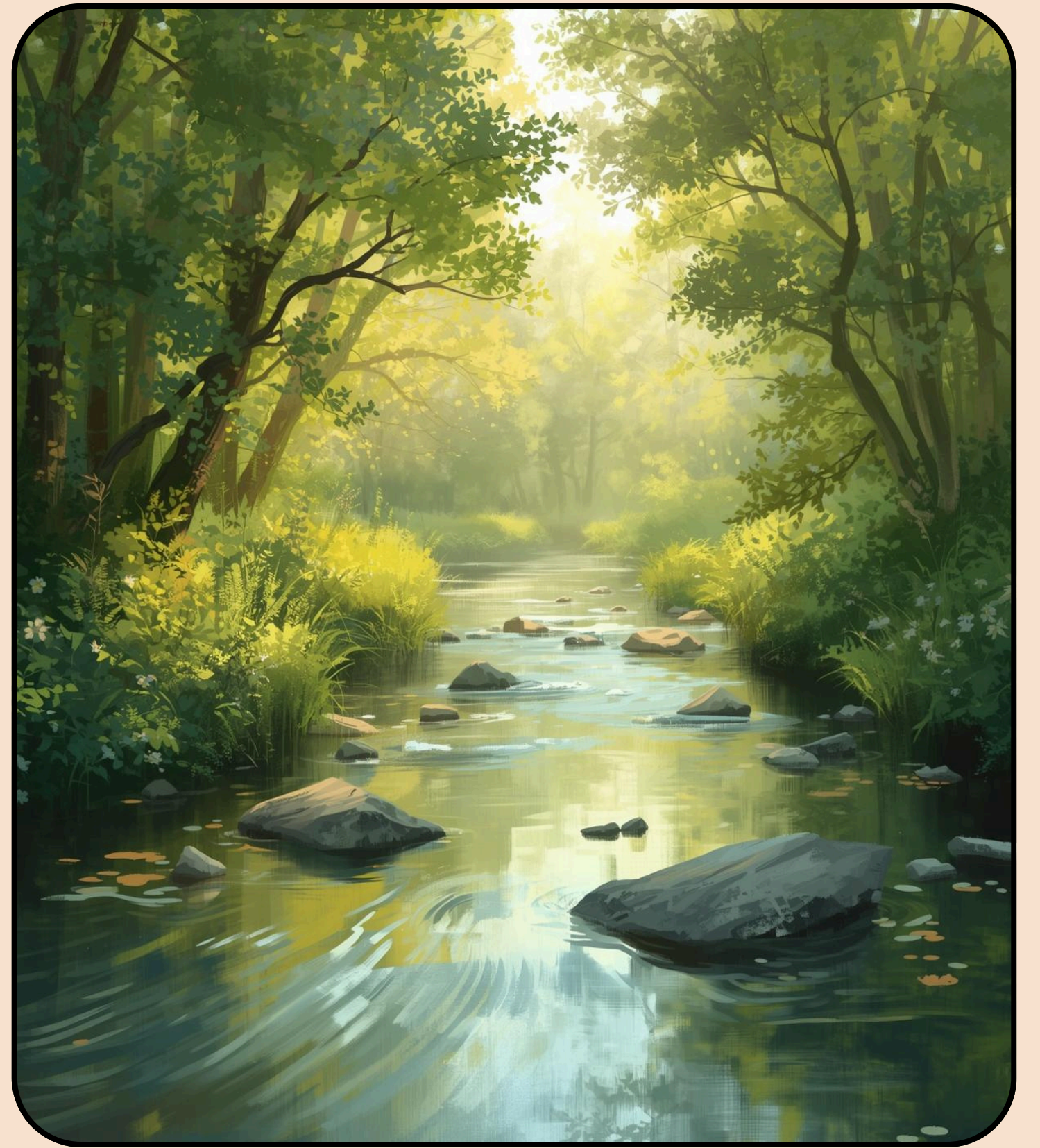


This week I will:

Living the Balanced Life – Devotional



Foundations of a Balanced Life



**Scripture
Reading:
Matthew
6:33**

But seek first the kingdom of
God and His righteousness, and
all these things shall be added
to you.



Meditation Thought

Take 5-10 minutes each day to reflect on what it means to live with balance in this area: Foundations of a Balanced Life.

Journal Prompt:

What is one practical step I can take today to align my life more closely with God's Word?

Prayer Focus:

Lord, teach me to keep foundations of a balanced life in harmony with Your will. Show me when I drift out of balance and help me return quickly to You.