

**Margin Through Balance**  
**October 23, 2016**  
**Lynn Haven UMC**

**Introduction**

For everything there is a season,  
a time for every activity under heaven.  
A time to be born and a time to die.  
A time to plant and a time to harvest.  
A time to kill and a time to heal.  
A time to tear down and a time to build up.  
A time to cry and a time to laugh.  
A time to grieve and a time to dance.  
A time to scatter stones and a time to gather stones.  
A time to embrace and a time to turn away.  
A time to search and a time to quit searching.  
A time to keep and a time to throw away.  
A time to tear and a time to mend.  
A time to be quiet and a time to speak.  
A time to love and a time to hate.  
A time for war and a time for peace.

Yet God has made everything beautiful for its own time.

(Ecclesiastes 3:1-8, 11a NLT)

Everything in moderation is good, but not everything is good for me. (1 Corinthians 10:23, paraphrased)  
Finding the balance between working and playing, or serving and praying can be difficult. The sweet spot lies somewhere in the middle of it all. This week we will talk about how juggling a hectic life can create chaos and how we can alleviate this by keeping our eyes fixed on a life lived in accordance with the will of the one Person who always has our back, God.

**Digging Deeper**

Balance is maintained by...

Making the right CHOICES.

- Dizziness is a physical response to something wrong in your body. Have you ever felt dizzy by events in your life that were spinning out of control, thus causing you to “lose your balance”? Looking back, do you think making different choices along the way might have led you toward the balance you lacked?
- The choices we make say who we are and what we believe is important. Balancing those choices requires effort. In what ways might leading an unbalanced life impact our ability to love ourselves and love others as God intends?

- There is a time to serve and a time to pray. In other words, sometimes we act and sometimes we wait for God to act. What are some areas of your life in which you need to find balance?
- What practical steps can we take to have better work/family balance?

Having the proper CENTER.

- Read Psalm 121. Our help comes from the Lord. He watches over us and will not let us stumble. In every aspect of our lives He is our protector. How can we utilize the concept that He is always in control to help steady the sense of chaos that sometimes overrides our decision making process?
- Isaiah 26:3 (NLT), “You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you.” Try as we may, we can’t always keep our lives in balance. There are just too many forces working against us. But that’s okay, because if we could do it ourselves, we wouldn’t need God. Share an experience where you benefitted from leaning on God during a time of imbalance? If nothing comes to mind, talk about a time when you think doing so might have been a smarter way to go.

### **Conclusion**

Finding balance is an essential step in establishing a healthy lifestyle. Maintaining that balance is the tricky part. The good news is if we keep God planted firmly in the center of all that we say and do, He will guide us to make the right choices to stay in balance.

Everything you were taught can be put into a few words: Respect and obey God! This is what life is all about. (Ecclesiastes 12:13 CEV)

But more than anything else, put God’s work first and do what he wants. Then the other things will be yours as well. (Matthew 6:33 CEV).

Will you come to Jesus, make Him the center of your universe, so He can lighten your load, bring your life into balance, and provide you the margin you need?