

## **Balanced Christian Living**

### **By Bob Young**

It is no easy task to live a balanced life. Five helpful concepts provide a memorable roadmap.

#### **First, clearly identify the FULCRUM of your life**

A fulcrum is a balance point. The balanced life demands a center. Balanced life commitments and priorities depend on and oscillate around a balance point or center point of life. Without such a point, life is eccentric (off center). Egocentrism is no solution; only the Christ centered life has the right center. The balanced life depends on putting God and faith in Jesus Christ at the center. Here is a dependable center around which one can organize and balance life—calling, commitments, priorities, actions.

#### **Second, find life's FOCUS**

What is God's direction for your life? What is your calling and purpose? What is the meaning of your life?

Finding life's focus is a process of becoming a certain kind of person. It is a development process that depends on hearing God and getting God's word into your life.

Life's focus is maintained with habits that strengthen the inner life, nurture the spiritual life, and help you develop into the person God is calling you to be.

#### **Third, find life's FULFILLMENT**

God made each person in a special way for a special purpose. The life centered on God and focused on God's direction is a fulfilling life. For the Christian, this involves one's commitment to discipleship. As a disciple of Jesus, you surround yourself with kingdom activities, you develop a heart of service, you come to understand the rhythms of work and rest, and you develop an ethic of doing consistent with your being.

The balanced life is a centered, focused, fulfilling life that brings one closer and closer to God in imitation of Jesus.

#### **Fourth, value FAMILY and FRIENDS**

The balanced Christian life is not all God and no people. The balanced Christian life is relational. Surround yourself with people who sharpen you and make you better. Celebrate the sharpening that comes when you are surrounded by such relationships (with God, family, and friends). This is the support system for the balanced, integrated Christian life.

#### **Finally, live for the FUTURE**

God promises to work within you; therefore a tremendous energizing power is available for living the empowered life. Life is not to be lived only for the present. One way God enables and empowers you is that he surrounds you with opportunities and resources. This is your call to stewardship. You are a steward of God's blessings, called to live toward the future as a steward of the "stuff" of your life, a steward of your mind and creativity, a steward of your body and health. As a steward, you are held responsible, for the use of the gifts God gives uniquely to make you the person you are.

Identify the fulcrum, focus, fulfillment, family and friends, and future of your life. It will make a difference!