

Living a Balanced Life

The 5 “S” Approach to a Balanced Life

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I. STOP (Our example: Moses [Exodus 3:11-12 & 4:10-11])

- A. Trying (to do better, to make things happen, to figure things out) – In Moses’ mind he tried so hard to figure out how God would be able to use him
- B. Worrying (about everything) - Moses was a worry wart; he struggled with anxiety about his own ability rather than remembering the ability of the Lord
- C. Burnout/Overload mode
– Break the cycle of over-doing;
- D. Living for the tangible (Matthew 6:33)
– We are living for the unseen

II. SURRENDER (Our example: Paul [Acts 9:20-22])

-Paul surrendered everything upon his experience with God

- A. We must surrender to see success:
 - Our ideals
 - Expectations
– Our concrete expectations can put a ceiling on what God can do and limit our availability to what God has for us
 - Control
 - Desires
– Paul’s desires became the desires of the God he served

III. SEEK (Our example: David [Psalm 34:1-8])

A. JESUS

- His will (Obedience)
–Not ours
- His presence
– Through Scripture, prayer, meditation
- His rest (not busyness)
– Make recouping a priority; schedule it in if necessary

B. What we seek by mistake:

- Our agenda
- Our Success
- Our opportunity
- Our Gratification

IV. START (Our example: the Disciples [Matthew 4:18-22])

- A. Saying NO (it really is OK)
 - The disciples had to make the choice to say NO to what they knew in order to go towards the destiny that was planned for them
- B. Eliminating the unnecessary
 - Remove things that have no value in our own path, or can be delegated to another.
- C. Looking for the why
 - We must ask ourselves why we do what we do.
- D. Saying yes to God
 - If we say yes to God in the places He is calling us, it becomes easier to say no where He is not

V. STEADY (Our example: Abraham [Genesis 12])

- Though Abraham made stops to honor the Lord in His journey, He was steady in his forward pace and obedience
- A. Keep your pace
 - Don't look around at everyone else's pace; stay your speed and in your lane
- B. Don't out run God
 - Allow God to lead you
- C. Keep moving regardless
 - It's very easy to stop forward motion when you feel defeated or like plans aren't going in order, but we must keep moving forward and keep our eyes looking forward

PRACTICAL STEPS

1. PRAY!
2. Write everything down; when you see it, it becomes real
3. Ask the "Why?" of everything on the to-do list
4. Ask "Is it a good thing or a God thing?"
5. Ask "How does this add value to what God has called you to do?"
6. Make rest a priority
7. Stop and think before saying responding to request