

A close-up photograph of a person's hand carefully balancing a stack of five smooth, grey, rounded stones. The hand is positioned at the top, with the thumb and index finger holding a small, dark, oval-shaped stone that is being placed on top of the stack. The stones are stacked vertically, with the top stone being the smallest and the bottom stone being the largest. The background is a soft-focus outdoor setting with green foliage and a blurred light source, creating a bokeh effect. The overall mood is calm and focused.

Finding a New
Balance

Mark 5

Summary of Today's Message

For most of us, walking upright doesn't require a lot of thought. We took our first steps when we were young and now we just do it. Throughout our day, walking from the bedroom to the kitchen or from the car to the office door, we don't think much about staying balanced or avoiding a fall.

Summary of Today's Message

But what happens when we're not just strolling on a wide, level surface? Have you ever tried to walk on a log across a creek? Or the length of a gymnastics balance beam? Suddenly falling becomes a real possibility. When that happens, our minds focus on balance. We think through every step and continuously make minor adjustments to stay upright.

Summary of Today's Message

Balancing work and family tends to be more like walking on a log than a sidewalk. It requires intentional focus and concentration. Deep down, we all know that. But it's easy to forget and approach it casually, which can set us up for a fall and damage what's most important to us.

Let's Review

Everybody needs a life coach

Whether we are a secular person or a believer the best life coach is Jesus

We have to be coachable to be on His team

Humility and commitment are needed for us to be coachable

Let's Review

Physical balance is big but even more important than that
is spiritual balance

How do we get balance?

We have to have a Sabbath

The Story of a Man Who Lived a Life Out of Balance

The Demoniac man meets Jesus-the unbalanced life meets
the balanced life

Confrontation He said my name is legion.

A legion was a Roman troop of 6,000

Rationalization

Repentance

The Story of a Man Who Lived a Life Out of Balance

The unclean spirits came out of the man and entered into
the swine

Micah 7:9, I will hide all your sin in the bottom of the sin

The Results of an unbalanced life man Meets up With Jesus

People came to see what had happened and they found the demon-possessed sitting down, clothed and in his right mind.

The once demon-possessed man now changed into a man of balance wanted to go with Jesus

Ten Ways to Live a Balanced Life

1. Start your day with prayer and meditation

2. Have a plan

3. Become a part of the T.E.A.M

4. Take care of and mature yourself

5. You are not always nice

Ten Ways to Live a Balanced Life

6. Choose your battles
7. Know the difference between ownership and stewardship
8. Know the importance of little things
9. Don't look back
10. Carry around a bucket of joy