



The Encourager

Harris Temple COGIC Outreach Ministry

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“Balance”

And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul. (Genesis 2:7)

Man is a spiritual being, created by God with a precise order and balance of body, soul, and spirit. Not only was man created with this perfect order and balance, but God has also designed a place for each person in the schemata of His creation. It is the blending, binding, and balancing of the body, soul, and spirit that enables man to accept the position God has for him.

We contend that man is a creation of order. The order is this: physical, spiritual, and emotional. All three dimensions are present in all of us. If we are to be the best we can be, all three of these need areas must be met in a balanced way. We must understand that when these areas are out of balance, with one or more of them being ignored, all the other areas will be affected.

I was praying and also wondering what I was going to talk about this month, when I looked at my calendar and saw the word balance. Immediately my mind began to focus on this one word. In the society we live in today, our lives are very busy, it's so easy to lose our balance. We are involved in so many things, until we so often fail to bring each part of us in harmony. When this happens, we become spiritually, mentally, and emotionally unstable. This does not mean we are any less intelligent, but our involvement in too many things will hinder us from doing our best or achieving the desired results. We become spiritually, mentally, and emotionally exhausted.

We wonder sometime why we allow ourselves to get upset, which raises our blood pressure, causing headaches, which results in fatigue, with no energy left to pray. In order to obtain balance in our lives; we must practice moderation in all three areas, (bringing within bounds; avoidance of excessive or extremes), in one area while neglecting the other two.

For example, if a person spends all his/her time on emotional pursuits, he/she has no energy left for the spiritual side, if they spend too much time trying to develop physically, they are denying the other parts and will suffer imbalance in those areas. If a person spends all his/her time in spiritual pursuits, the physical and emotional sides suffer. The stress caused by this imbalance will prevent him/her from practicing what he/she learned in his/her spiritual pursuits.

This calls for discipline; (training that develops self-control, character, or orderliness and efficiency.) One proverb states: “old habits are hard to break.” But I believe; “with God all things are possible.” We can change if we will to change.

We have discussed God's order for us individually, but God has order for family life. *And the Lord God said, It is not good that the man should be alone; I will make him an help meet for him.* A help indicates that Adam's strength for all he was called to be and do was inadequate in itself. Meet for him denotes “comparable to him.” The needed help is for daily work, procreation, and mutual support through companionship.

And the Lord God caused a deep sleep to fall upon Adam, and he slept: and He took one of his ribs, and closed up the flesh instead thereof. And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be

called Woman, because she was taken out of Man. Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.

So God created man in His own image, in the image of God created he him, male and female created He them. And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth... This is God's divine order for family. Imbalance in the family has the same effect as it has on individuals or even more so. The same needs must be met in order to have a balanced family life.

I would like to offer some helpful suggestions for a well balanced family. I'm aware of the fact it takes hard work to survive in the times we now live. I'm also aware that the work of the ministry must go on. I've read the slogan, "The family that prays together stays together." Take a good look at this picture. Do you see complete balance? I see the physical needs being met, the Lord's work being done, the family devotion active, but what about the enjoyment on the social side portrayed? Let's add this little slogan: "the family that has fun and relaxation together stays together." I don't know about you, but this shows me complete balance.

Take time out to have some family fun, where family members can laugh and enjoy life together. Not out of a sense of obligation, but with pleasure. Each member should be able to share their hopes, dreams, fears, and concerns with one another and still be accepted. A healthy level of intimacy should exist within the home.

Each family member has a Responsibility. The following word and definitions describes **Responsibility**: Dependable, Caring, Respect, Service, and Consideration. Doing what you need to do without being told over and over is being dependable. Sharing shows that you care about others feelings. You are showing respect when you treat others the way you want to be treated. Helping out at home is service. When you are aware of the needs of others, you are being considerate.

Faith: If a home is to be happy; parents must conduct themselves in such a way that they can have implicit faith in each other and inspire such faith in their children. The basis of such mutual trust however is faith in God and in all the attributes we associate with Him: truth, integrity, fairness, compassion, and mercy. If parents by their lives show their loyalty to God and His nature, which is love: they will win the confidence of their children, and their children likewise will exemplify the same confidence in their parents.

I would like to close with these words Paul wrote to the church of Thessalonians: *And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.* (1 Thessalonians 5:23) This shows balance in the total man. God is calling for a total surrender to Him. We can live a balanced life if we use temperance in all things.