

The Balanced Christian Life

© By Dr. Dr. Dan Cheatham, www.devotional.net

God is The God Of Balance. This doesn't mean He is undecided between faith and unbelief. This doesn't mean He is lukewarm; being neither hot nor cold. Neither does He desire that you and I be "lukewarm". God wants us to be radically saved, extremely blessed, and "straight and narrow minded". Nevertheless God is balanced; meaning God cares about our WHOLE PERSON and our WHOLE LIFE. Proverbs 20:23 says, "a FALSE BALANCE is not good". Job 31:6 says "Let me be weighed in an EVEN BALANCE". An unbalanced Christian lifestyle is not pleasing to God. A balanced life is GOOD! Our Father desires that we enjoy divine life and divine order in every department of our lives. He wants to deliver us from a "schizophrenic" mind-set; that there is our "spiritual life" on the one hand, and the "secular life" on the other. Christ came to make everything in our life a spiritual adventure. A balanced life starts with intimate fellowship with God.

PRAY

When you get married, you don't get the "marriage religion"; you get a relationship with a person. When you received Jesus as Lord, you didn't get the "Christian religion"; you received a personal relationship with the Lord. In order to enjoy the marriage relationship there must be continuous FELLOWSHIP. In order to enjoy your relationship with God, there also must be continuous FELLOWSHIP. The Father saved you because His heart hungers to share and fellowship with you. He invites you to become a junior partner in his venture of "God & Sons, Inc". He wants to bless you beyond your fondest dreams. So He invites you to pray. He wants to hear from you each day. Prayer is not a chore; it is a delight! Develop the "disciplined liberty" of daily prayer (Luke 11:1-4, Luke 18:1). Develop the "disciplined liberty" of daily Bible reading (Matthew 4:4). Stay in tune with God. Experience the sheer delight of "more than just church attendance" and "more than just church membership". Hook up with a strong supernatural pastor and enjoy supernatural pasture. Experience the adventure of investing your life into something bigger than yourself... the vision of your Spirit-filled local church (Matthew 16:18). Find the purpose for living in the life of Christ's Body. Discover your destiny in the Army of the Lord. Cease being vague about the will of God for your life. Live for a CAUSE! Find your place in the Body of Christ. You will NEVER enjoy the security of being in the center of God's will if you are OUTSIDE OF GOD'S FAMILY. Children who run away from their families get hurt. God's children who won't get involved in a scriptural local church family experience frustration and futility.

PAY

By "PAY", I mean livelihood, work, job, career, occupation, profession, or vocation. The Bible teaches in Ecclesiastes 3:13 that to enjoy one's work is a gift from God. God doesn't want you to be miserable. To discover your life's work, ask yourself these two questions in prayer: First, "What do I or would I do best?" Second, "What do I or would I enjoy the most?"

God showed me that there are four kinds of Christians; four kinds of WORKA's. First, there are WORKALLERGIC's. These are lazy people who won't work and feel that the world owes them a living. The Bible says that these WORALLERGIC Christians should not be allowed to eat (II Thessalonians 3:10-12). Then there are what I call WORKALITTLE's: Christians who get to work late and leave early, or who refuse to hold down a steady job, or who only work when the boss's eye is upon them. The Bible says that people who are WORKALITTLE's shall in some form reap what they sow (Colossians 3:22-25). Wives also can become WORKALLERGIC's or WORKALITTLE's wasting time watching SOAPS and becoming a busybody in other people's affairs. But God commands us to think only on things that are true, honest, just, pure, lovely, and positive (Philippians 4:8). An idle mind is the devil's workshop and idle hands are the hotbed of depression. God commands wives to cease being idle, tattlers, and busybodies (I Timothy 5:13,14). God commands women

to be productive and fruitful (Proverbs 31:10-31). The third category of Christians is **WORKERS**. These **WORKERS** are believers of whom the Heavenly Father is proud. **WORKERS** are creative Christians who are faithful to their employers or employees and who have a balanced and proper attitude about work. They work hard but don't let their work become their god. The Bible says that these Christians will have plenty of money to **LIVE** and plenty to **GIVE** (I Thessalonians 4:11-12, Ephesians 4:28). The fourth category is **WORKAHOLICS** (Deuteronomy 8:10-20, Haggai 1:3-10). **WORKAHOLICS** may be "driven" for a variety or combination of reasons. Some are "driven" to overwork because a demon drives them to do so. Some are "driven" to overwork in order to repress guilty feelings. They figure that if they work hard enough and long enough to the point of exhaustion they can avoid their haunting thoughts. Some are "driven" because of an unhappy marriage or family life. Instead of getting help for their marriage or family, they avoid it by overwork. Some overwork trying to avoid the grief from the death of a loved one; not realizing that only Jesus can give "the oil of joy in place of mourning" (Isaiah 61). Some are "driven" in an attempt to run from the voice of God that is calling them. Others are "driven" to catch up with the Joneses, thinking that the accumulation of wealth will bring happiness. Some overwork simply because they are too insecure to delegate duties to others. Some allow themselves to be "controlled" by employers who demand too much and who themselves have a "workaholic demon" or a "controlling spirit". Others are "driven" to overwork thinking that if they **ACHIEVE** enough, they will somehow find the happiness that is always evading them. **WORKAHOLICS NEED INNER HEALING**. Workaholics often need Christian counseling. Workaholics must come to the feet of Jesus in repentance and regain their balance with the other two facets of their life... **PRAY** and **PLAY**.

PLAY

God created planet earth for us to enjoy. It is a curse not to be free enough to enjoy the blessings of God and the simple things in life. Life is boring and unchallenging without the spice of **VARIETY**. God wants us to practice the **SABBATH PRINCIPLE** by taking time to **REST** and enjoy life. If our lives only consist of **PRAY** and **PAY**, sooner or later we **WILL DEFINITELY** experience the devastation of spiritual, mental, emotional, and social burnout. Without sufficient **PLAY** in our lives, depression, discouragement, or even nervous breakdown is **INEVITABLE**. Even Jesus taught **LEISURE** and **REST** (Mark 6:31). Let me share with you five natural needs for **PLAY**. First, enjoy God's creation. Picnics, hikes, sports, hobbies, fresh air and the like are **NECESSARY!** Activities like this are **NOT** wasted time. Second, married couples should enjoy **PLAY** in the bedroom. The Bible says that the marriage bed is **NOT DIRTY**. God created sex for our pleasure. It is His idea (Hebrews 13:4). Couples who don't frequently enjoy sexual lovemaking are robbing themselves. I recommend the Christian book "The Act of Marriage" by Time and Beverly LaHaye. Third, couples need at least two (probably 4-6 would be better) "**LOVER'S GETAWAYS**" every year to rekindle romantic desire and to reflect on the direction of their life and marriage. Couples need to **PLAY TOGETHER**. Also every couple should spend an evening out alone for a romantic meal at least once a month (and better yet, once a week). It's not a sin to leave the kids with someone else for a while. If Mommy and Daddy are happy, the whole family will be happy. Fourth, Christian parents need to **PLAY** with their children. Games, romping on the living room floor, family outings, teen night out with Dad, teen night out with Mom, and the like are **NECESSARY!** Our children need to know us as "father and mother" but they also need to know us as "mommy and daddy". When things get dull around my house, sometimes I "liven" things up by starting a food fight with spaghetti, banana peels, or popcorn. Praise God! Fifth, every family needs to take a vacation at least once a year to get away from the day-in, day-out routines.

CONCLUSION

If we will allow the Holy Spirit to help us live a balanced life of **PRAY**, **PAY**, and **PLAY**; we will never experience burnout or a nervous breakdown. Instead we will experience **WHOLENESS** and **WHOLESONENESS**; our lives radiating with happiness as a testimony to the Lord Jesus. "**JESUS CHRIST MAKETH THEE WHOLE**" (Acts 9:34). Receive the One who loves you unconditionally, died for you sacrificially, rose again for you victoriously, and lives for you exclusively... Jesus Christ. (Romans 10:9)