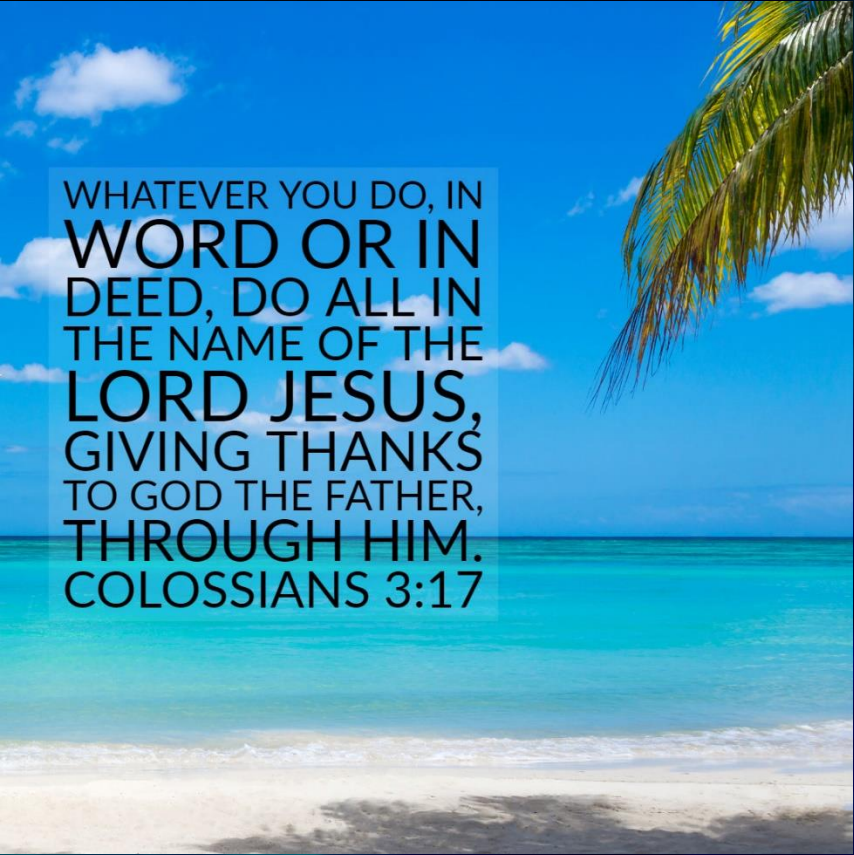


Life Balance

JULY 24, 2022

**SCOTT SWEETLAND
ASSOCIATE PASTOR, NHCC**



WHATEVER YOU DO, IN
**WORD OR IN
DEED, DO ALL IN
THE NAME OF THE
LORD JESUS,**
GIVING THANKS
TO GOD THE FATHER,
THROUGH HIM.
COLOSSIANS 3:17

Short 2 minute Video Clip

2

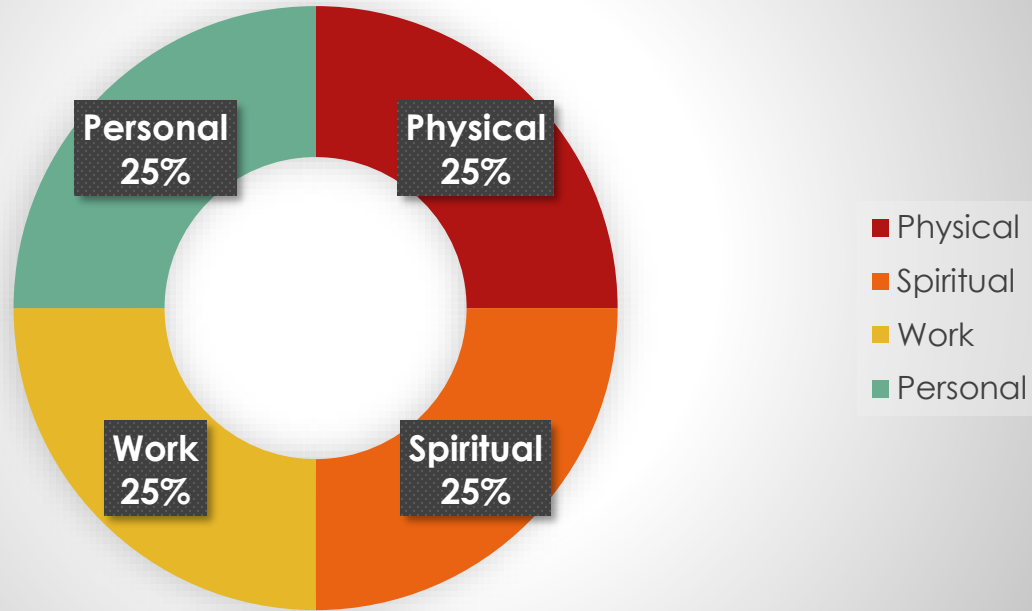
▶ Put God First by Denzel Washington

<https://youtu.be/kxj4CxqKNU0>

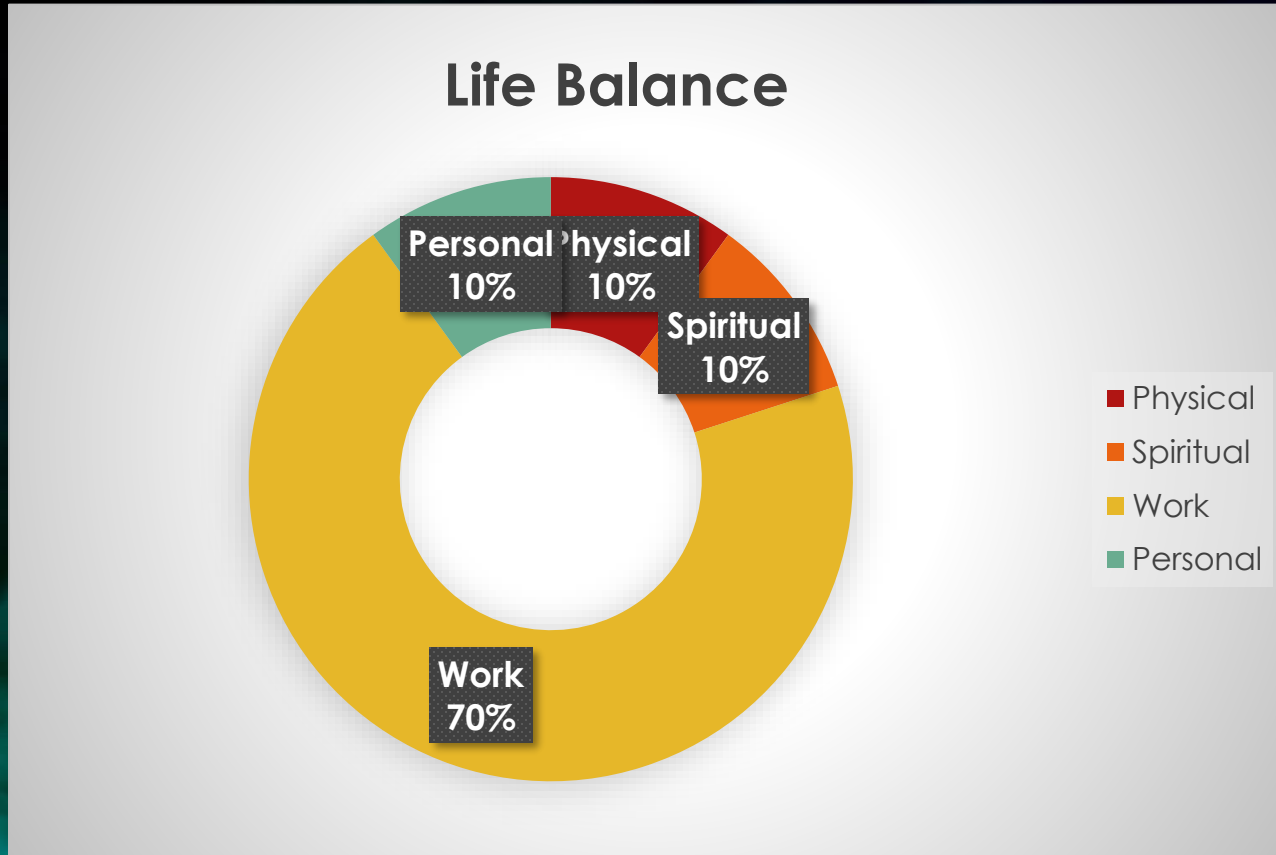
What is the Ideal Life Balance?

3

Life Balance

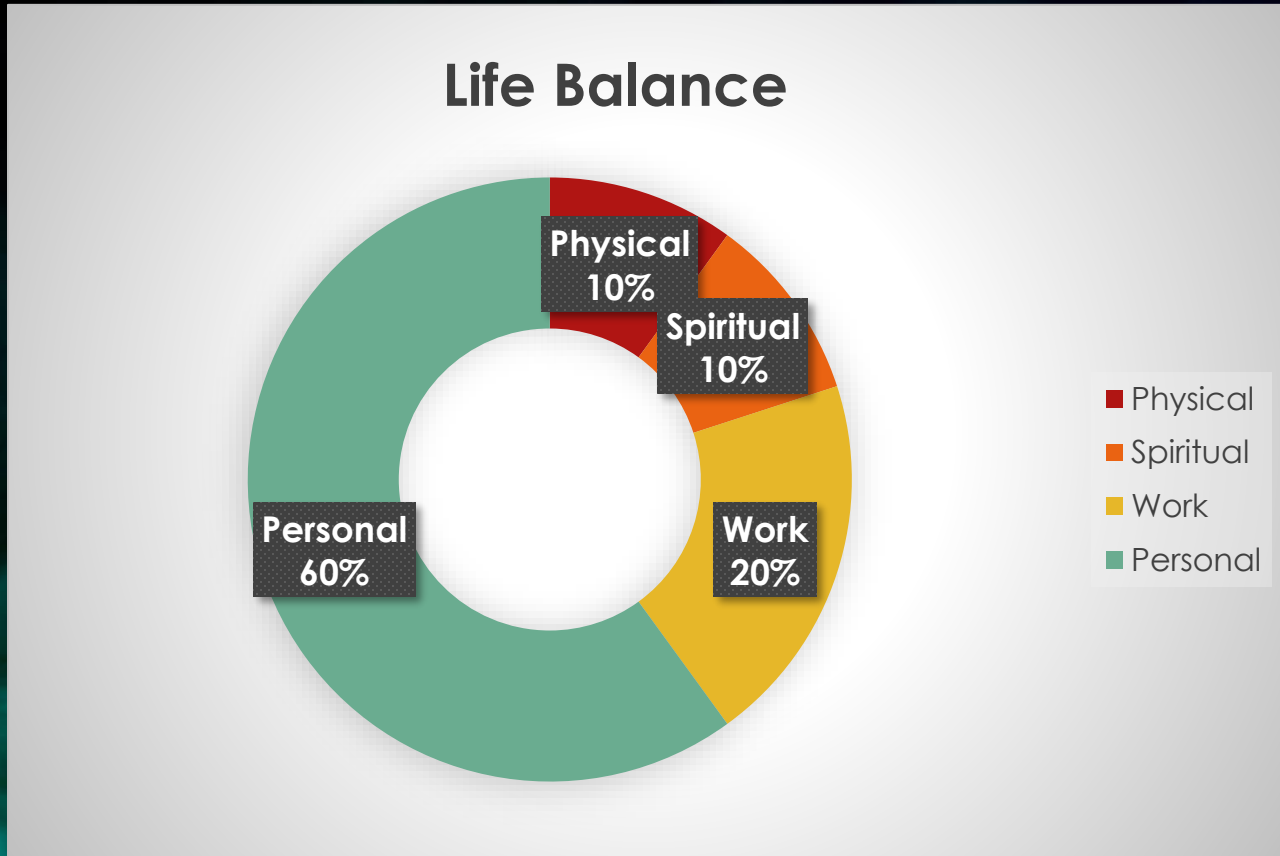


Sometimes it feels like this!!



Other times maybe like this!!

5



Your Physical life is important!

6

1 Corinthians 6:19 ESV

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own

The Mind – Your spiritual health is as important as your physical health!

7

Romans 12:2 ESV

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

1 Timothy 4:8 NIV

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

Your Work life is important!

8

Proverbs 16:3 ESV

Commit your work to the LORD, and your plans will be established

Colossians 3:17 ESV

And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Your Personal (relationships) life is important!

9

Genesis 2:18 NIV

The LORD God said, "It is not good for the man to be alone. I will make a helper suitable for him."

Colossians 3:19 NIV

Husbands, love your wives and do not be harsh with them

1 Peter 4:8 NIV

Above all, love each other deeply, because love covers over a multitude of sins

Proverbs 13:20

Walk with the wise and become wise, for a companion of fools suffers harm.



**Dancing in the
Philippines!**

A TIME FOR EVERYTHING

10

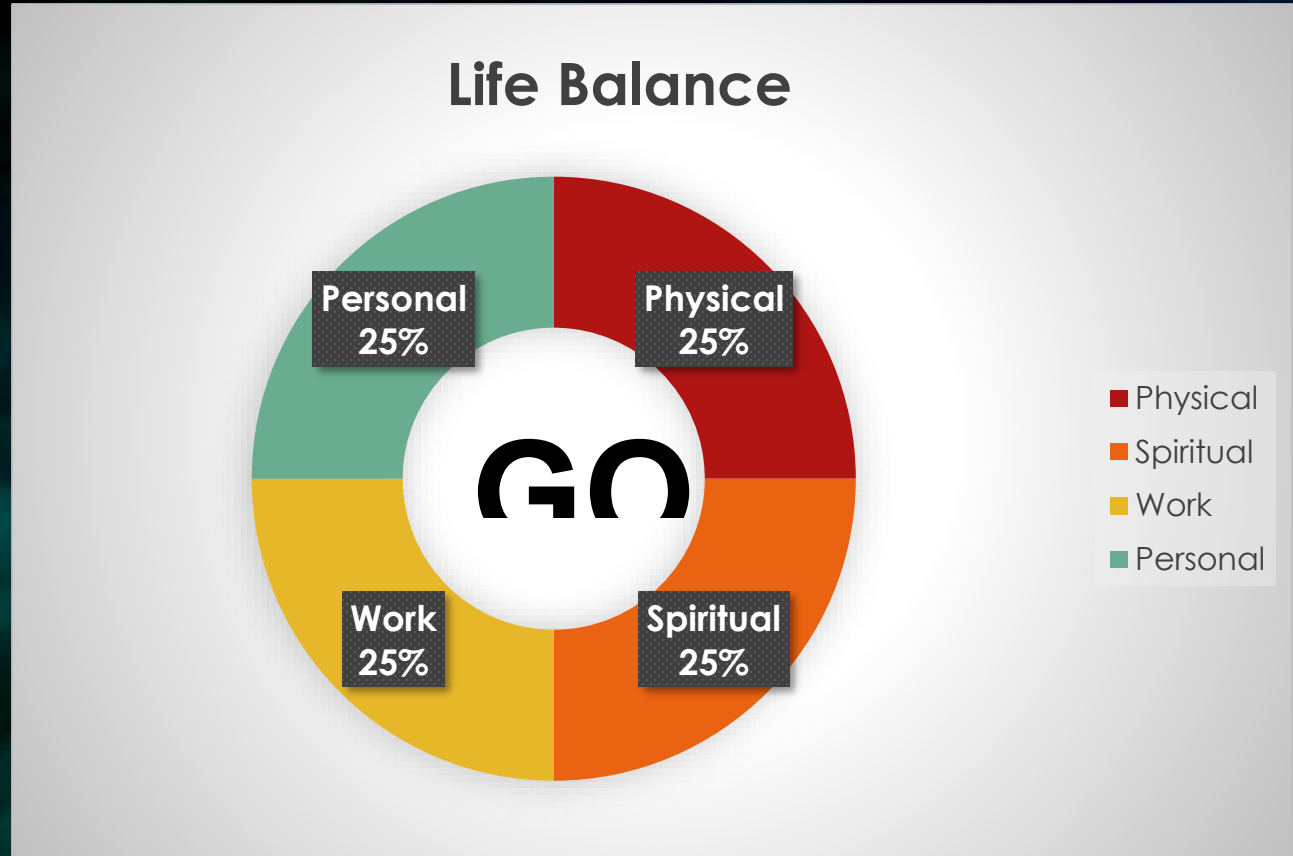
Ecclesiastes 3:1-8: For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; a time to seek, and a time to lose; a time to keep, and a time to cast away; a time to tear, and a time to sew; a time to keep silence, and a time to speak; a time to love, and a time to hate; a time for war, and a time for peace.

What is most important in life balance?

11

Philippians
4:13 (NLT)

“For I can do
everything
through
Christ, who
gives me
strength.”



Putting God First

12

Matthew 6:33 NIV

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.” - Jesus

What will you do?

13

- ▶ Assess: Does your life feel out of balance?
- ▶ Take action: What are one or two constructive changes you can make to achieve better balance?
- ▶ Put God first: What are one or two actions you can make to better put God at the center of your life?

Questions?

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“For I can do everything through Christ, who gives me strength.”