



# New Hampton Community Church

Message Notes : July 24, 2022 Associate Pastor Scott Sweetland  
"Life Balance"

## What is the ideal Life Balance?

*Your physical life is important.*

**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"

*Your spiritual life is as important as your physical life*

**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*

**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 life and relationships are important*

**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"

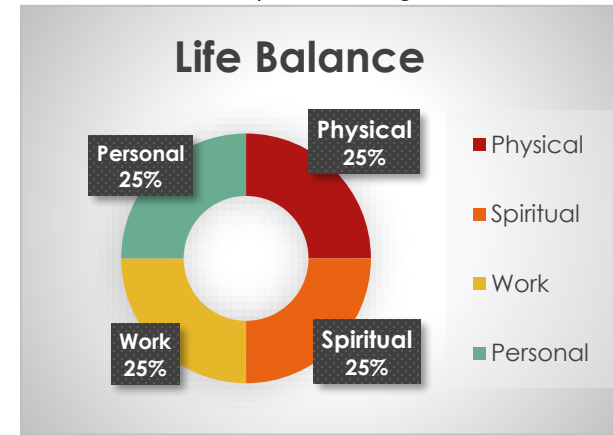
**Proverbs 13:20** "Walk with the wise and become wise, for a companion of fools suffers harm."

## A TIME FOR EVERYTHING

**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 the most important thing with Life Balance?



**Philippians 4:13 (NLT)** "For I can do everything through Christ, who gives me strength."

**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 Can I do?

Assess: Does your \_\_\_\_\_ feel out of \_\_\_\_\_?

Take Action: What are one or two \_\_\_\_\_ changes you can make to achieve better \_\_\_\_\_?

Put God first: What are one or two \_\_\_\_\_ you can make to \_\_\_\_\_ put \_\_\_\_\_ at the center of your life?