

Balancing Your Lifestyle

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I. Introduction.

A. The basis for our fellowship is the goodness we share. (Romans 15:14)

B. There are principles to balancing lifestyle.

II. There is no distinction between the sacred and secular.

A. Through the Incarnation God said that there was no distinction between the sacred and secular. All is holy.

B. All things are pure in and of themselves. (Titus 1:15, Romans 14:14)

C. One cannot have a balanced Christian life if he separates the secular from spiritual activities.

D. Sin is obviously excluded.

E. God gives to us generously for our enjoyment. (I Timothy 6:17)

F. It is important to have authentic accountability. (Proverbs 13:5)

III. Our self-esteem is exclusively a function of intimacy with Christ.

A. Christ is our life—there is nothing we can do to be more significant. (Colossians 3:4)

B. Our whole culture and society is based on performance.

C. We have to communicate unconditional acceptance to our children.

D. John abandoned the idea of counting numbers, but we often derive our self-esteem from it. (John 4:1)

E. We derive our self-esteem only from Christ. (Psalm 62:5)

F. Believers need a place to manage the tension of different realities. (Luke 14, Ephesians 6)

G. Weaknesses enhance our need for Christ and on the body of Christ.

IV. We must be Christ-like in terms of our goals.

- A. Jesus' objective was training men, as ours should be. (John 17:4)
- B. Men are a gift from God. (I Samuel 10:26; Isaiah 58:10-12; 43:4; 49:25)
- C. We have to have an attitude that plans to finish. (John 17:4)
- D. Jesus did not go through life with a packaged agenda. We cannot advocate cookie-cutter Christianity. (Acts 10:38)
- E. Jesus did not respond to every need. (Luke 5:15-17)
- F. We all need a Titus who will comfort us. (II Corinthians 7:6)

Application questions:

1. What are some ways we separate the sacred and secular?

2. Why is having a proper basis for self-acceptance so important?

3. How can you reorganize your objectives so that they are more Christ-like?
