VITAL SIGNS

The Pulse of Balance

***Vital Sign #3 – balance (rhythm with God)…***

*God saw that the light was good, and he separated the light from the darkness. God called the light “day,” and the darkness he called, “night.” And there was evening, and there was morning – the first day.* ***(Gen. 1:4-5)***

*For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but He rested on the seventh day. Therefore, the LORD blessed the Sabbath day and made it holy.* ***(Exodus 20:11)***

***Spiritual illness occurs when our loads consistently exceed our limits:***



***Load***

***Limit***

*I cannot carry all these people by myself; the burden is too heavy*

*for me. If this is how you are going to treat me, put me to death*

*right now…* ***(An over-loaded Moses, Numbers 11:14-15)***

***Spiritual balance and rhythm with God require “space”…***

*But Jesus often withdrew to lonely places and prayed.* ***(Luke 5:16)***

* ***Space (from activity) to rest with God –*** *“The LORD is my shepherd…He makes me lie down in green pastures, he leads me beside quiet waters, He restores my soul.”* ***(Psalm 23:1-3)***

*Be still and know that I am God.* ***(Psalm 46:10)***

* ***Space (from distraction) to hear the voice of God –*** *“My sheep listen to my voice; I know them, and they follow me.”* ***(John 10:27)***
* ***Space (from responsibility) to enjoy the blessings of God –*** *“They will celebrate your abundant goodness and joyfully sing of your righteousness…You open your hand and satisfy the desires of every living thing.”* ***(Psalm 145:7, 16)***
* ***Space (from independence) to connect with the people of God –*** *“Above all, love each other deeply, because love covers over a multitude of sins. Offer hospitality to one another without grumbling. Each one should use whatever gift he has received to serve others, faithfully administering God’s grace in its various forms.”* ***(1 Pet. 4:8-10)***
* ***Space (from productivity) to trust in the provision of God –*** *“When you reap the harvest of your land, do not reap to the very edges of your field…Leave them for the poor and the alien. I am the LORD your God.”* ***(Lev. 19:9-10)***

***Spiritual balance is not selfishly doing what we want, but wisely pursuing what we need…***

*Be very careful, then, how you live – not as unwise but as wise, making the most of every opportunity, because the days are evil.* ***(Eph. 5:15-16)***