

Melva's Corner



Balance

(Your New Lifestyle)

April 30, 2007

(Luke 10:38-42)

Central Truth: Jesus who resides in us, wants to help us find rest every now and then, and most of all, be first on the list of things to do.

Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. And she had a sister called Mary, who also sat at Jesus' feet and heard His word. But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me." And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things. But one thing is needed, and Mary has chosen that good part, which will not be taken away from her." (Luke 10:38-42)

You can tell by reading about the two sisters that Martha was probably scurrying around the house, trying to get things ready for Jesus and her other guests. And you can almost hear her muttering under her breath, "I've got too much to do." I seriously doubt if there's a person in the world who at one time or another hasn't felt frustrated by all the things on their "to do" list. The questions we need to remember to ask ourselves when we are feeling stressed and hurried remain, "Is what I'm doing a good thing or a God thing?" Have I prayed about it?

Imagine you are walking on a tight rope — not hard for most folk today — and you are high above the ground. You are carrying a pole to help you keep your balance. On one side of the pole is time alone with Jesus, on the other side is time with your "to do" list. Up ahead is your goal, your destination . . . heaven. Are you maintaining your balance on the tight rope of life? Are you



spending enough time studying His word and in prayer? Or is your pole tilted the other way, toward earthly matters? Don't misunderstand me, I am a person who believes in getting things done . . . but not at the expense of "seeking Him first."

Jesus who resides in us, wants to help us find rest every now and then and most of all, be first on the list of things to do.

You read a great deal these days about living a balanced life. Many sociologists and counselors emphasize the need to have balance in all areas of our life. And many people are realizing that there is more to life than just making a living. It is important to put attention on the important relationships of our life, to take care of ourselves physically and to stay mentally sharp. In fact, many are even emphasizing the need to pay attention to "spiritual things."

Long ago, Jesus gave us the pattern for a balanced life.

"And Jesus grew in wisdom and stature, and in favor with God and men." (Luke 2:52 NIV)

This passage illustrates the perfect example of a balanced life. Jesus developed mentally and physically — grew in wisdom and stature. Our minds are a wonderful gift from God, and we need to keep learning all of our lives. Read widely, talk with those who know more than you do, keep up with events in our world. That is one of the secrets to living a rich and full life even into your golden years. Take care of yourself physically. Exercise, eat right, and get enough rest. You will find that you are healthier and more productive.



Jesus grew in His relationships — favor with men. Spend time with the people that matter to you. Invest time in your family. Work at nurturing the relationships that matter. And Jesus grew in His relationship with God — favor with God. Cultivate this relationship. You will be incomplete without it, and it will bring depth to the other areas of your life.

Scriptural References:

"And Jesus grew in wisdom and stature, and in favor with God and men." (Luke 2:52 NIV)