BALANCED + WHOLEHEARTED

REST & REBUILD

JUNE 2019

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BALANCED + WHOLEHEARTED LIVING WORKSHOP

BALANCE DEFINED:

Source: Google

BALANCE:
(VERB/ACTION WORD)
To keep or put something in a steady position so it does not fall.

WHOLEHEARTED:
(ADJECTIVE/DESCRIBING WORD)
Showing or characterized by complete sincerity & commitment.

ALIGNMENT:
(NOUN/PERSON, PLACE OR THING)
To keep or put something in a steady position so it does not fall.

TRUTH & LIES:

OUR CULTURE TELLS US:
The world around us paints a picture of balance as a circus act, frantically spinning plates on fragile wobbly sticks...

3 LIES THE ENEMY TRIES TO TELL US:

- **You can have it ALL.** DO ALL THE THINGS. And do them all at the same time.
- **BALANCE IS A MYTH** that doesn't really exist. It's not possible.
- **YOU'RE THE PROBLEM.** You're a failure. Balance is attainable, but you're just a failure who will never be able to get her act together.

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BALANCE IN REAL LIFE:

BALANCE:
(VERB/ACTION WORD)
To keep or put something in a steady position so it does not fall.

WHOLEHEARTED:
(ADJECTIVE/DESCRIBING WORD)
Showing or characterized by complete sincerity & commitment.

ALIGNMENT:
(NOUN/PERSON, PLACE OR THING)
To keep or put something in a steady position so it does not fall.

FLAMINGO RULES:

OUR CULTURE TELLS US:
The world around us paints a picture of balance as a circus act, frantically spinning plates on fragile wobbly sticks...

3 LIES THE ENEMY TRIES TO TELL US:

- **You can have it ALL.** DO ALL THE THINGS. And do them all at the same time.
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JOURNALING PROMPTS:

Spend some quiet time alone with God this week. This is your opportunity to get direct guidance on how it looks and feels to live your life in alignment with His will.

- What do you think Jesus would answer if you asked him for a definition of balanced + wholehearted living?
- How was Jesus' life an example of a balanced + wholehearted life? What did he practice? What were his habits and routines?
- If TRUE BALANCE is living in the center of God's will, what do you think that will look like in your life?
- What will need to change?
- What will you need more of?
- Ask God to show you the ways you might be living out of alignment. Ask for his help in finding ways to regain a steady position of agreement with Him.
- Next week, we'll be taking all the pieces and details of your life and spreading them out before you. In preparation for that lesson, ask God to speak to you about your schedule. What are you doing that pleases him? What are you holding onto that he never asked you to carry? Is there something he released you from but you won't let go? Is he calling you to do something and you're holding back because of a lack of time, energy, or resources? Or out of fear? Let him speak to you about his heart and purpose for you. Don't worry about the details. Just open your heart and listen to what he is saying to you and write down what you hear/feel.

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SCRIPTURE STUDY:

Dig into God's Word and read the following scriptures this week. Allow God to lead you down a trail of other related scriptures and see where he takes you.

Here's how:

- Read the scripture in your favorite translation
- Next, look it up on BibleGateway.com in another translation. I like to compare NIV, NLT, ESV, TPT, AMP, and MSG versions. Some are more literal translations than others, and some are more modern. Often reading the modern version helps me understand the meaning of the more literal ones. Try it and see what you think!
- Copy the scripture into your journal/notebook in whatever translation you prefer.
- Study the notes in your bible or online for that passage. I use an NLT study Bible and Life Application Study Bible for these insights.
- Follow where God leads you to related scripture, or other verses that you encounter this week. Keep your eyes open for scripture that He might put in your path. Dig into it and see what He's saying to you through His Word.

MAIN VERSE:

Isaiah 50:4-5 NLT

The Sovereign Lord has given me
his words of wisdom,
so that I know how to comfort
the weary.
Morning by morning he wakens me
and opens my understanding to
his will.

The Sovereign Lord has spoken to
me,
and I have listened.
I have not rebelled or turned
away.

ADDITIONAL VERSES:

- Romans 12:2
- Psalm 46:10
- 1 Peter 5:2
- Isaiah 55:11
- Galatians 5:16
- Ephesians 6:18
- Psalm 16:11
- Romans 8:1
- Luke 1:79
- Psalm 105:4
- 1 Kings 8:23
- Psalm 91:1
- Revelation 19:1
- Philippians 4:!2
- Philippians 4:19
- Genesis 28:15

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