

**This devotional was given during Women's Awareness Week 2007 at the General Conference Morning Worship in Silver Spring, MD. The devotional may have some portions specific to the writer. If you use the material, please edit to be sure it is understood that these are the writer's personal experiences.**

**Balance in the life**  
**Balance Necessary in Every Phase of Life**  
By Carol Barron

*"I hope you will be an earnest, true Christian day by day, seeking God in prayer. Do not be so busy you cannot give time to read the Bible and seek the grace of God in humble prayer."* DAUGHTERS OF GOD, P. 160

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." 3 JOHN 2:

The Health should be as sacredly guarded as the character. CG, p. 343.<sup>1</sup>

1. BALANCE IS A PRINCIPLE OF THE RELIGIOUS LIFE
  - Temperance in all things – eating, drinking, sleeping, dressing. Nothing that concerns the health of the human agent is to be regarded with indifference. Our eternal welfare depends upon the use we make during this life of our time, strength, and influence – 6T 375 (1900)<sup>2</sup>
2. LACK OF BALANCE EXHAUSTS VITAL FORCES
  - Those who make exertions to accomplish just so much work in a given time, and continue to labor when their judgment tells them they should rest, are never gainers. They are living on borrowed capital. They are expending the vital force which they will need at a future time. When they need it the physical strength is gone, the mental powers fail.
3. CAUTION CONCERN OVERWORK
  - Daily physical exercise is necessary to the enjoyment of health. It is not work but overwork, without periods of rest that breaks people down, endangering the life forces. The work done to the Lord is done in cheerfulness and with courage. Bring into the day's work hopefulness, courage and amiability. Do not overwork. Do not today violate the laws of nature, lest you lose your strength for the day to follow. –2MCP 375, 376 (1903)<sup>3</sup>
4. BALANCE IN TIME MANAGEMENT NECESSARY
  - Time: Our time belongs to God. We are to be vigilant, watching for the coming of the Son of Man; and we must also be diligent, working as well as waiting is required. There must be a union of the two. This will balance the Christian character, making it well developed, symmetrical.

We should not feel that we are to neglect everything else, and give ourselves up to meditation, study, or prayer; neither are we to be full of bustle and hurry and work, to the neglect of personal piety. Waiting and watching and working are to be blended. Nor slothful in business, fervent in spirit; serving the Lord.

5. LITTLE THINGS MAKE LIFE A SUCCESS

- Little deeds of charity
- Little acts of self-denial
- Speaking simple words of helpfulness
- Watching against little sins
- This is Christianity!

GALATIANS 5:22, 23 – “But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance. . .”

Remind the Audience:

As you bring “Balance to your life” “those who know the indwelling of the Spirit reveal the fruits of the spirit, love, joy, peace, long-suffering, gentleness, goodness, faith.” *MS* 41, 1897.<sup>4</sup>

Remember to give some Fruit of the Spirit along, with your work.

Illustration of giving out Fruit of the Spirit:

Need:

Nine (9) pieces of fruit – edible fruits - purchase a variety of fruits

Put a label/sticky on each piece of fruit i.e. banana is love; apple is joy.

Have the labeled fruit in a basket or pretty bag

As you wind up your talk, walk up and down in your audience, hand the Fruit of the Spirit to different people – as the Lord directs you to them.

Enjoy this seminar – it’s fun!

1. *Child Guidance*, p. 343
2. *Testimonies*, Volume 6, p. 375, (1900)
3. *Mind, Character, and Personality*, Volume 2
4. *Manuscript* 41, 1897.