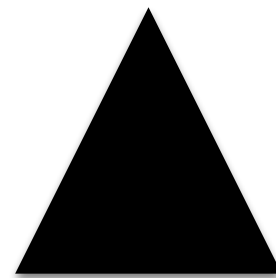


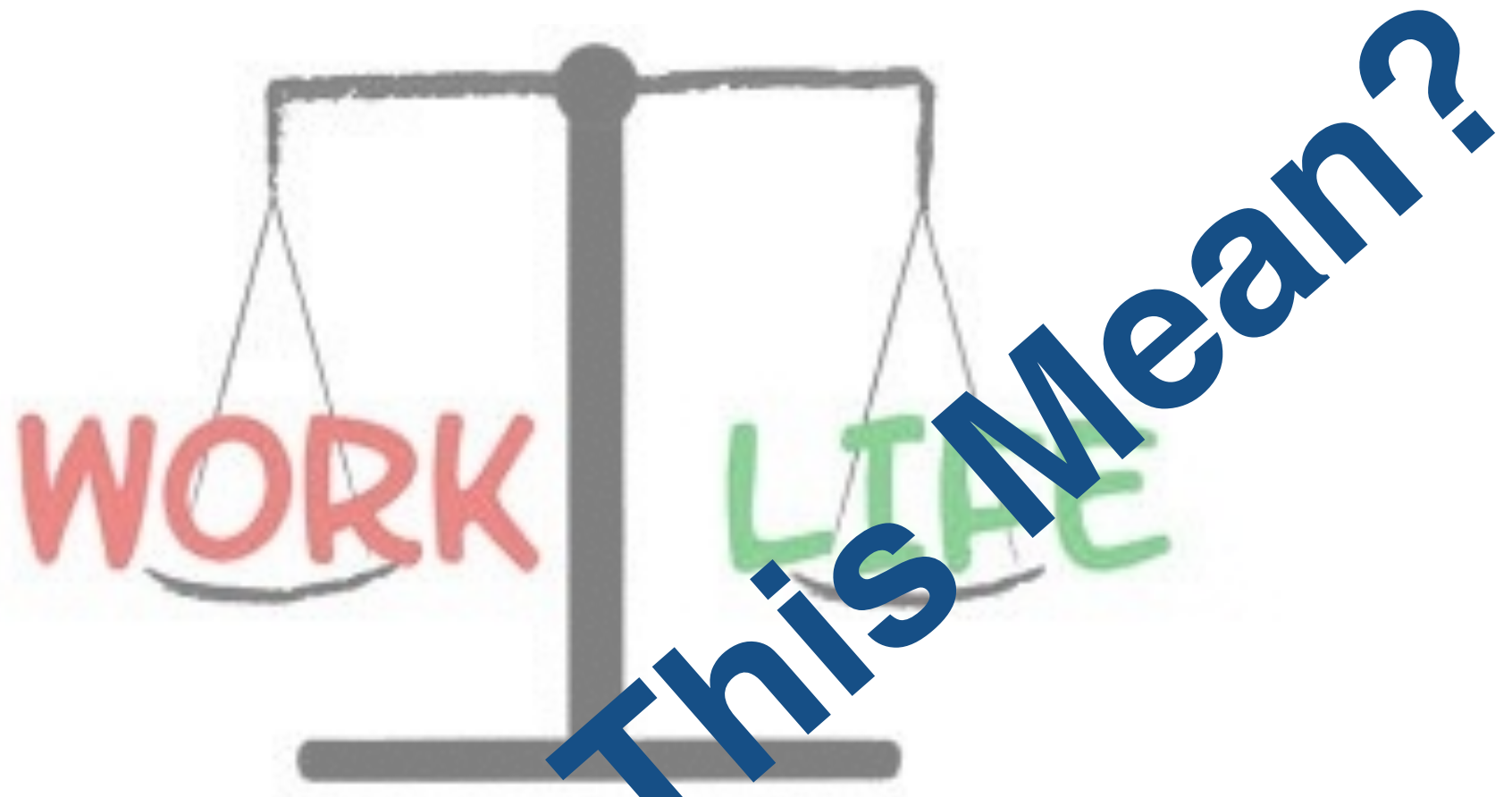


Living in Balance



Rev. Scott Gress





Living in Balance

What Does This Mean?



Rev. Scott Gress



What's the problem?

Work??

Life??

Balance??

**What would it look
like if it was not a
problem?**



Living in Balance

AKA "Work - Life - Balance"



A Balanced Life...

- Is Balance the goal?
- Is that realistic?
- Or is it more realistic to seek to “tend toward balance”?



What about “work”

Genesis 3:17b-19

17 “Cursed is the ground because of you; **through painful toil** you will eat of it all the days of your life.

18 It will produce thorns and thistles for you, and you will eat the plants of the field.

19 By the **sweat of your brow** you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return.”



Is the ultimate goal to escape work?

The MIRISCH COMPANY Presents

Steve McQUEEN · James GARNER · Richard ATTENBOROUGH



A GLORIOUS
SAGA OF
THE R.A.F

JOHN STURGES'

COLOUR BY DELUXE
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THE GREAT ESCAPE

CASTING BY JAMES CHARLES DONALD JAMES JOHN
DONALD · BRONSON · PLEASENCE · COBURN · LEYTON

Produced & Directed by JOHN STURGES
Screenplay by JAMES CLAVELL & JAMES BURNETT
W.R. BRICKHILL
Music by ELMER BERNSTEIN
A MIRISCH-ALPHA PICTURE



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Lottery?

Early retirement!

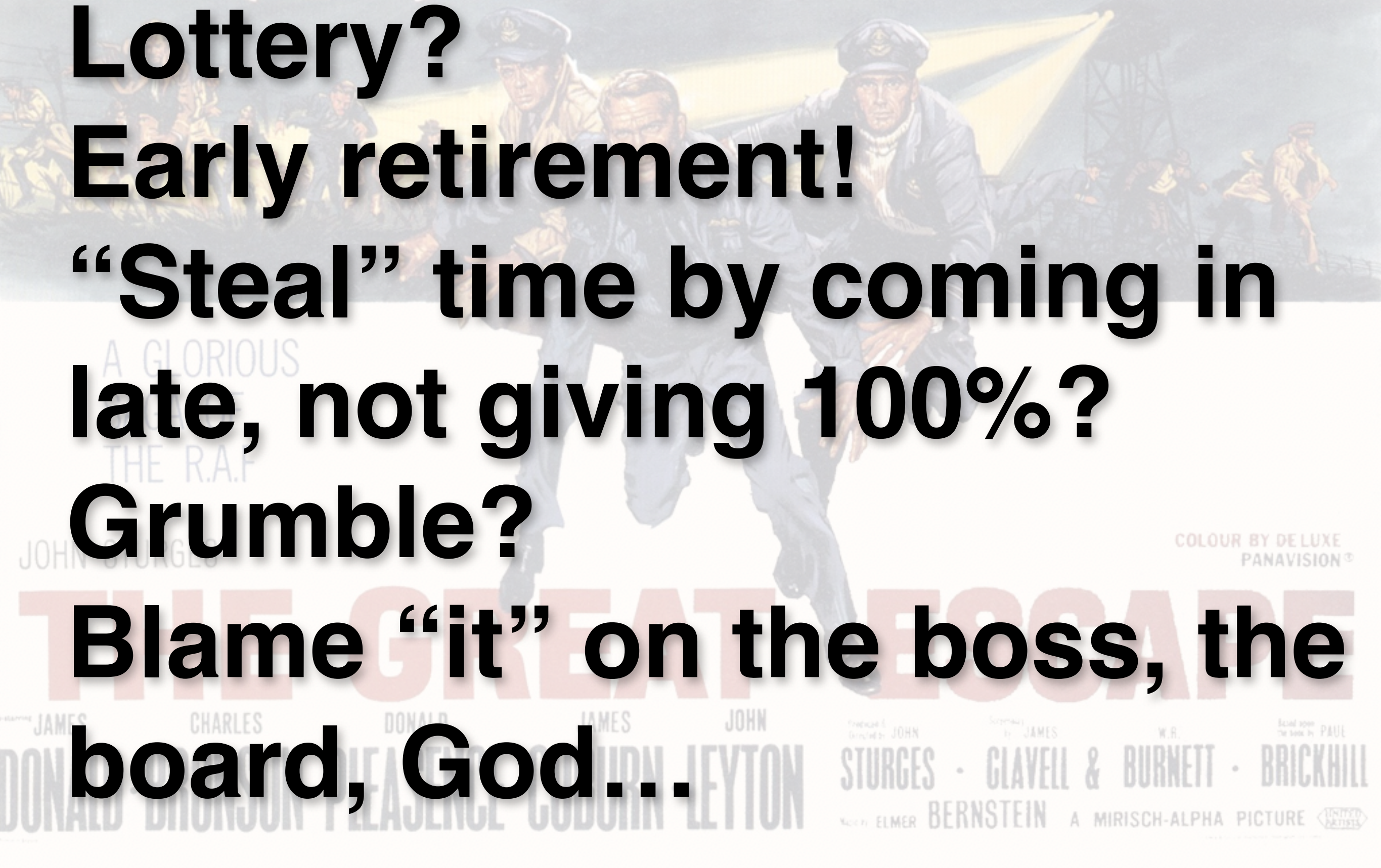
“Steal” time by coming in

late, not giving 100%?

Grumble?

Blame “it” on the boss, the

board, God...



Motivation for Work?

....The same is true for shoemaker, tailor, scribe, or reader. If he is a Christian tailor, he will say: I make these clothes because God has bidden me do so, so that I can earn a living, so that I can help and serve my neighbor. When a Christian does not serve the other, God is not present; that is not Christian living.



Was Luther a workaholic?

Work (And Life!) as an act of Worship!

“I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me” (Galatians 2:20 NIV)

“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.” (Romans 12:1 NIV)

“Serve wholeheartedly, as if you were serving the Lord, not men,” (Ephesians 6:7 NIV)

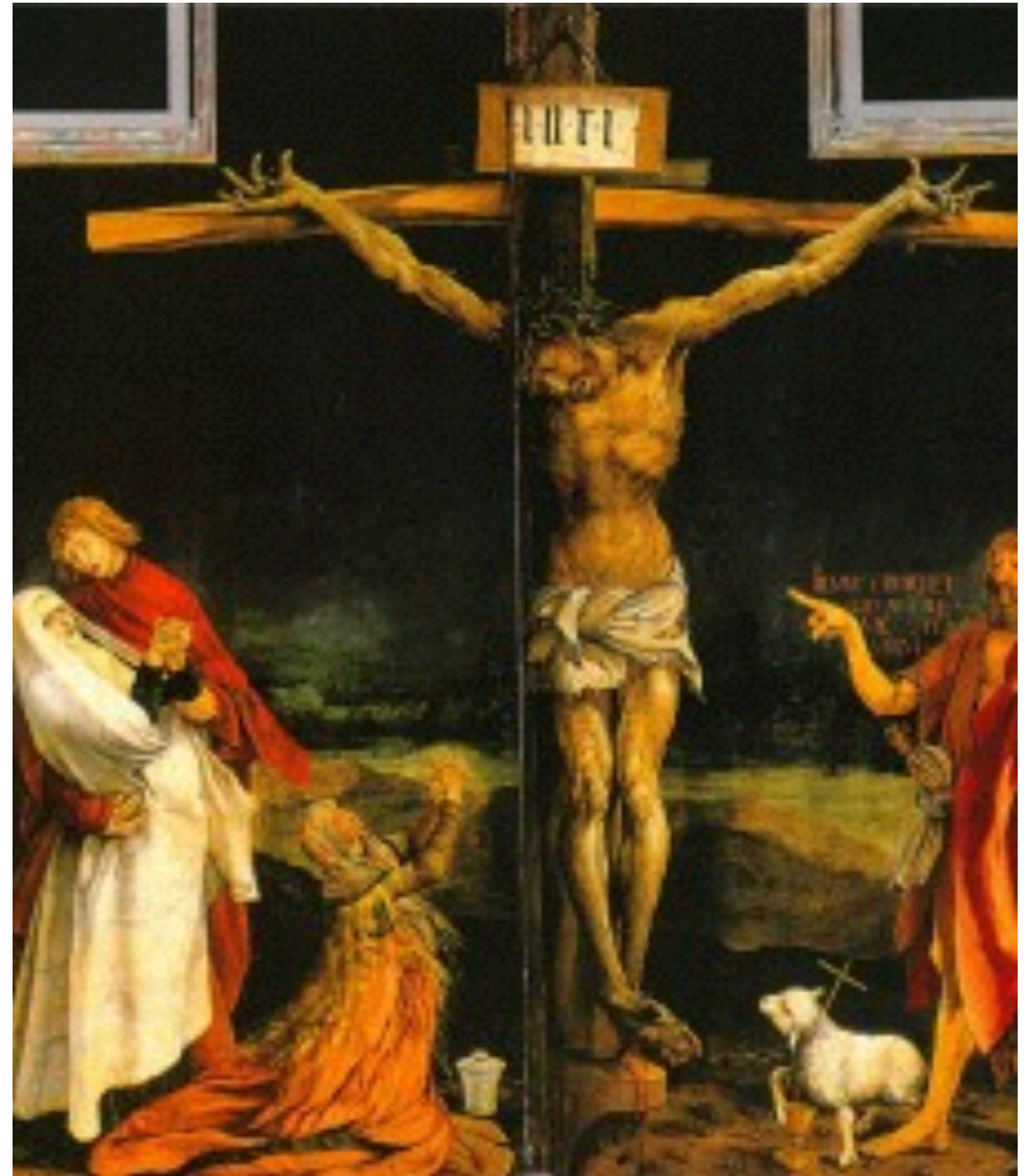
“You are not your own; you were bought at a price...” (1 Corinthians 6:19-20 NIV)



Vocation? Station??

With the doctrine of vocation, everyday life is transfigured. We realize that the way to serve God is not by some extraordinary act of mystical devotion, but by serving our neighbors in the daily circumstances of life—in our families, our jobs, our church and our involvement in the community.

With the doctrine of vocation, ordinary relationships, the 9-to-5 routine, taking care of the kids, the work-a-day world—the way we spend most hours of the day—become charged with the presence of God.



Living In Balance?

It seems impossible!

So how do I do it?

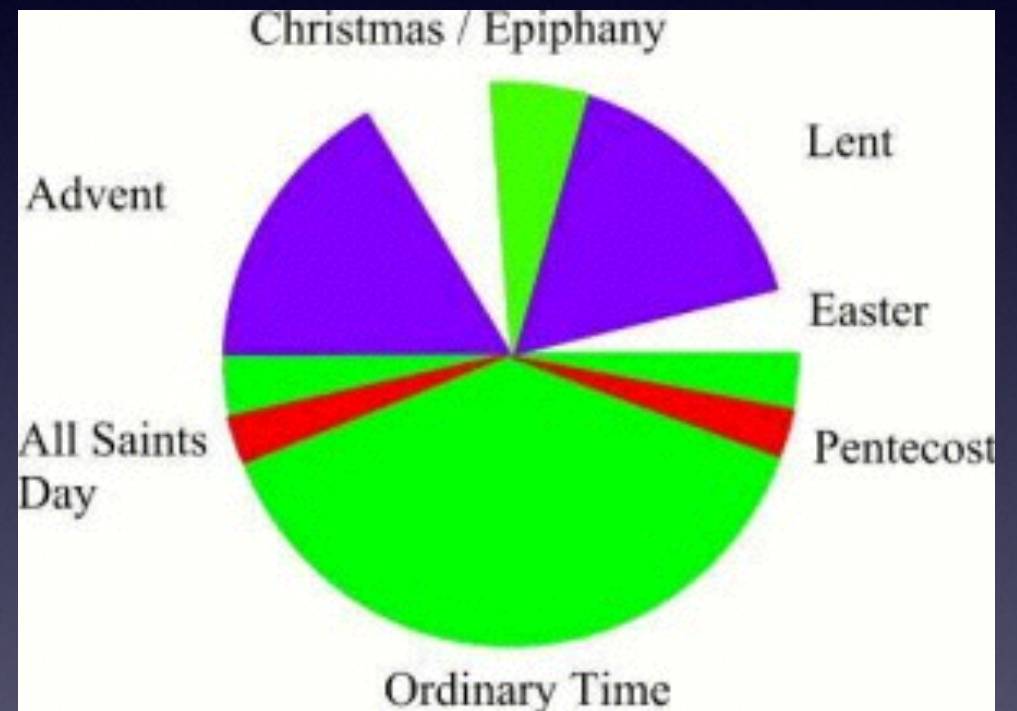
- You have a choice
 - *What are you assuming?*
- Saying “yes” and “no”
- Understand...“Balance is a fluid state because life itself is dynamic...”
- So are you tending toward balance or away from balance?



Living in Balance

...Tending Toward Balance

- Life and ministry are experienced in seasons
- It's about awareness, clarity, choice, and intentionality
- It also involves the wisdom of empowering others



Who says you have to do it? You?

What are you assuming?

...Tending Toward Balance

Coaching Questions:

- Are you tending toward balance or away from balance?
- What will you say “yes” to and what will you say “no” to?
- What seasons do you need to prepare for so you can be intentional about your choices?



I Still Need Something...

“Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. Deuteronomy 5:13 Six days you shall labor and do all your work, Deuteronomy 5:14 but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your ox, your donkey or any of your animals, nor the alien within your gates, so that your manservant and maidservant may rest, as you do.” (Deuteronomy 5:12–14 NIV)

**The Great
Physician
prescribes a
TIME OUT!**



Sabbath?!?

- A day...
- A week...
- A month...
- A year...



REST.
(it's part of the program!)

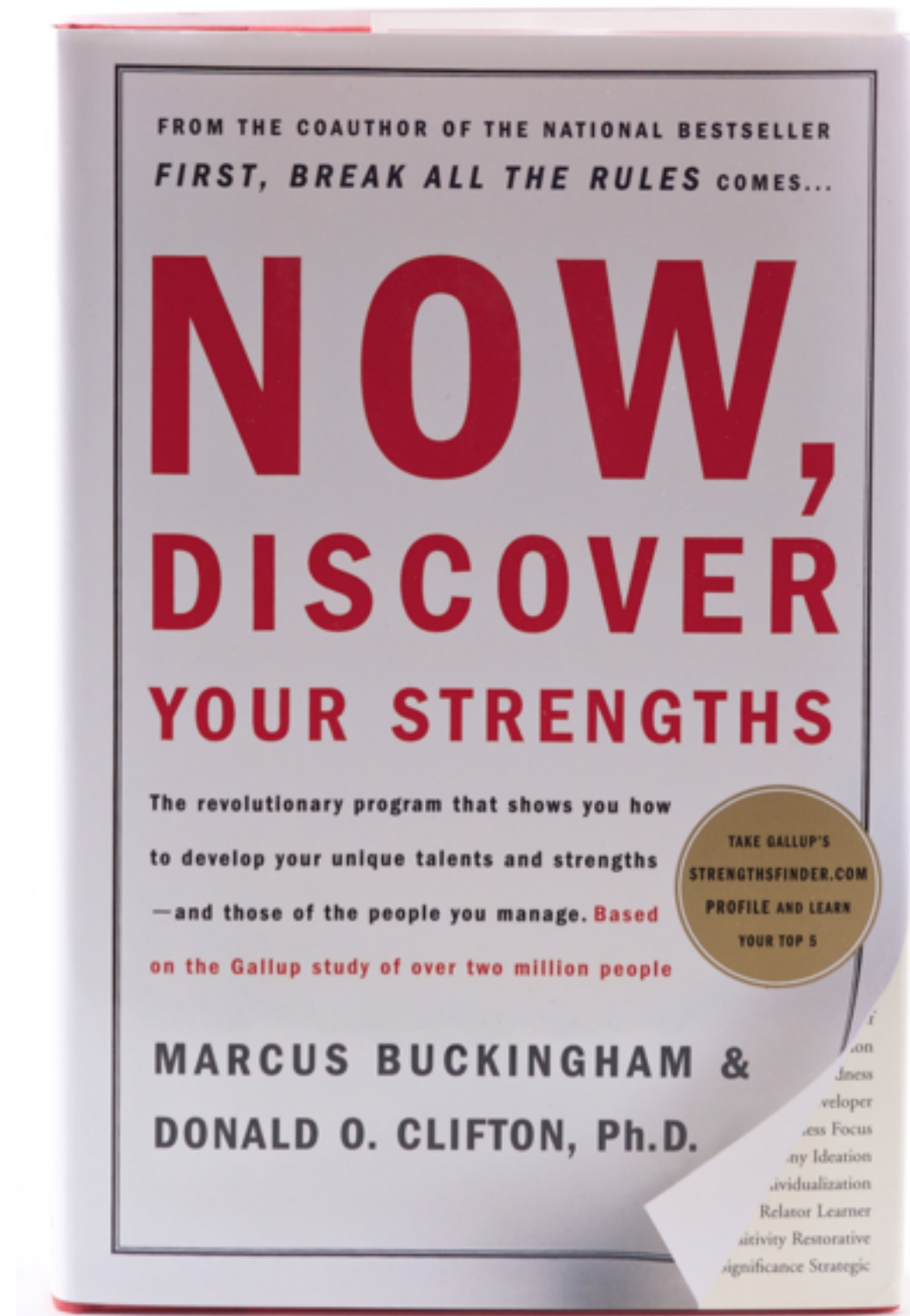
What Else?

What are your strengths?

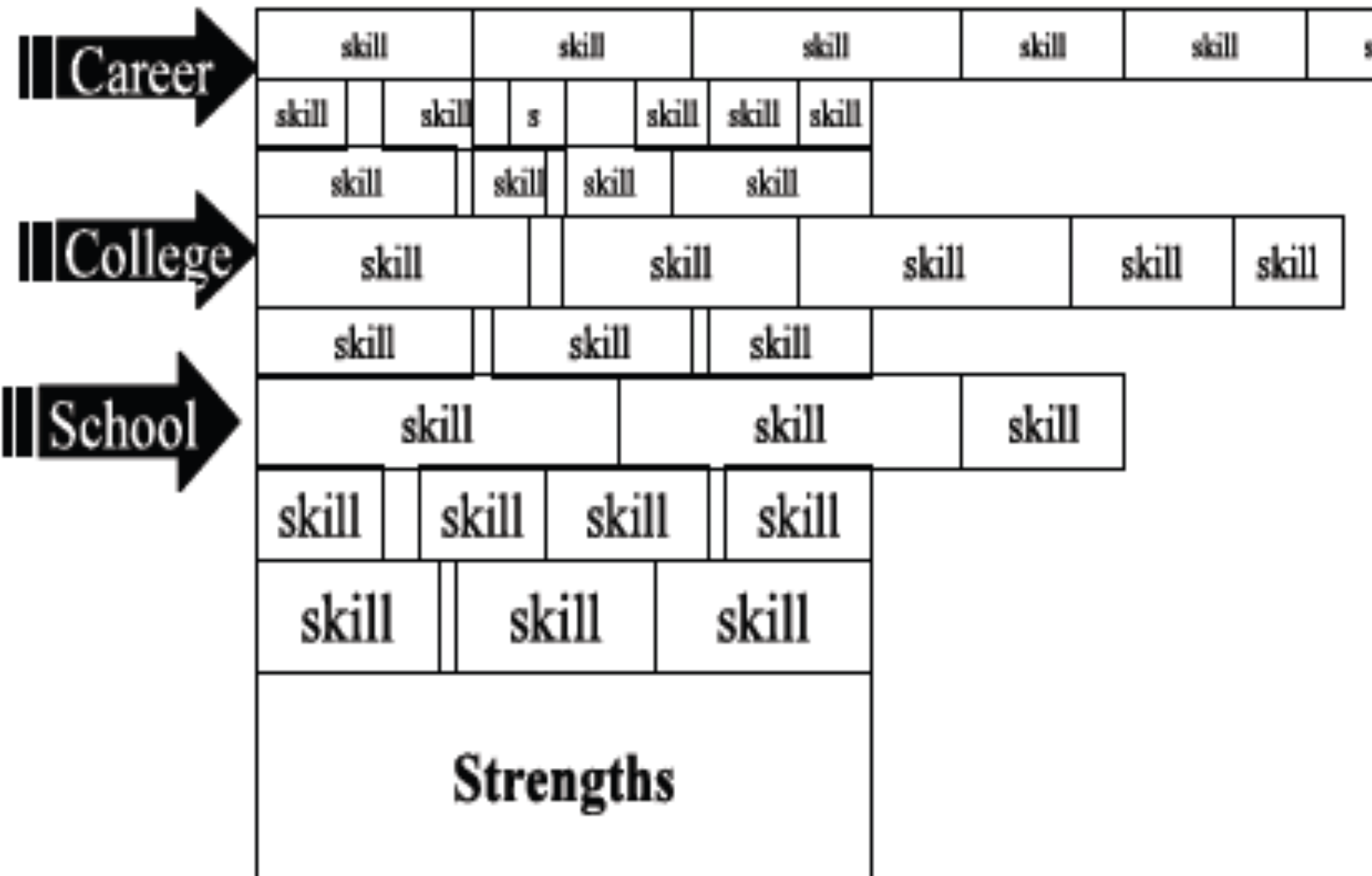
(Talent=Your natural way of thinking, feeling and behaving)

- Strategic
- Responsibility
- Futurist
- Relator
- Learner

Why?



What are you doing?!!



Where **skills** are built too far away from our core **strengths**
We get stressed and “**Out of Balance**”

From Jane Creswell MCC

Could vs Should

Myths That Prevent Us from Playing to Our Strengths More Often:

Myths

- 1. As you grow your personality changes**
- 2. You grow most in the area of weaknesses**
- 3. A great team member puts their strengths aside and does whatever the team needs**

The goal is not to be well rounded but sharp!

Truths

- 1. As we grow we become more of who we are**
- 2. We grow most in the area of our strengths (we often don't see them as strengths)**
- 3. A great team member volunteers their strengths to the team most of the time**

What else do I need to find out about me?

- 1. Who are you and what do you want?**
- 2. Where are you and why are you there?**
- 3. What will you do and how will you do it?**
- 4. Who are your allies and how can they help?**

“These four questions will help you deal successfully with every personal and professional challenge you may face.”
—from the foreword by Ken Blanchard

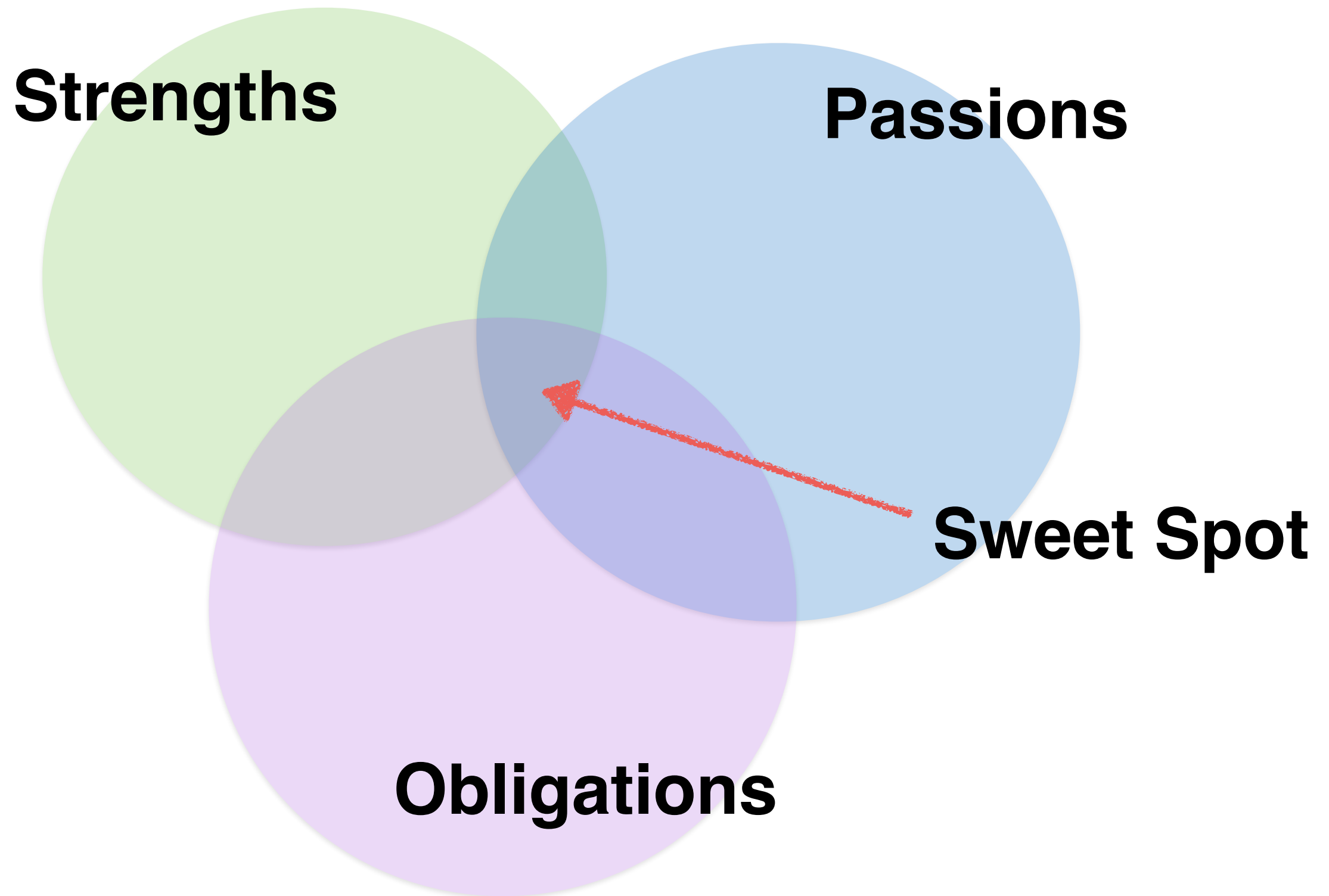
Four Questions That
Will Change Your Life

**Who Are You?
What Do You Want?**



Mick Ukleja, PhD | Robert L. Lorber, PhD

Find Your **Sweet Spot**



Urgent/Important

1. Define what **urgent** means to you
2. Define what **important** means
3. **Write down** everything you do
4. **Assign** everything you do to a box
5. What **new discoveries** or **awarenesses** do you notice?
6. Now what will you **do**?

	Urgent	Not Urgent
Important		
Not Important		

Living in Balance

Resources Download:

scottgress.com > Resources > Living in Balance

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Scott Gress

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