



Jesus Is Still the Answer: Finding Balance

I've been a bit depressed lately; overwhelmed by bad news and not able to find my balance in life. Usually when this happens, I have moved away from my Bible study time and my prayer life. Yep. That! It's amazing how spending time with God in the morning brings us perspective and hope for each day.. So, I am once again at square one trying to reinsert these precious habits into my life.

Balance. It's a moving target and an unending circus act in our lives. Balance may never be achieved and held onto because tomorrow is coming! So how does one stay balanced in our ever-changing lives and world?

Balance starts by being on the right balance beam and putting our eyes on the end of the beam. Any gymnast will tell you that the surest way to fall off of the beam is to look down at your feet. When we become myopic, we stutter and fall. When we focus on Jesus and the keep our eyes on Him, we can find the balance we need to get through each day of pain, change, busyness, confusion, anger, grief, etc.

Balance must be achieved and maintained with daily disciplines not only with God, but for our bodies and minds. Exercise, nutrition, sleep, work. What is a good balance for all of these? Well, God created the world in six days and rested on the seventh. Using this ratio, each day and week should consist of 1/7 rest and 6/7 work.

If we tithe 10% of the day to God, that's 2.4 hours of study, prayer, teaching, memorizing, and praising. With our bodies needing 8 hours of sleep, that leaves us 8-10 hours to work each day and 3.6-5.6 hours to rest and play - a mental and physical break to have fun and enjoy our world. Every seventh day belongs to the Lord for rest and worship. How ya doin'?

The Russian government tried to make their workers go to a ten day work week with only a day off in between. It was a disaster. Productivity and morale both suffered immensely. We were made for a 7 day week with a day of rest.

Jesus is still the answer in our fast moving, mind numbing world. If you are feeling a bit out of balance, start with setting time aside for Jesus. The rest of your day will fall into place and your joy will return.

[Read Dara's blogs](#)

Conventions 2021:

May 21-22 TPA Wichita

June 17-19 RMHC Denver, CO

Upcoming Events



Service Spotlight

Practical Proverbs for the Older Student iis in it's

final stages. We have chosen the cover and are waiting on the final cover review. This Russian version will be distributed to 14 Russian speaking nations including the Russians in Israel. Thank you for your contributions.

We have collected enough money to also have our Practical Proverbs for the Younger Student translated. It is also finished and we are working on the cover.

We are now accepting donations to help us translate Living Beautifully and Living Gracefully into Russian. The Russian people, pastors, and teachers are excited about getting these tools into the hands of their people. Thank you for your contributions.

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