

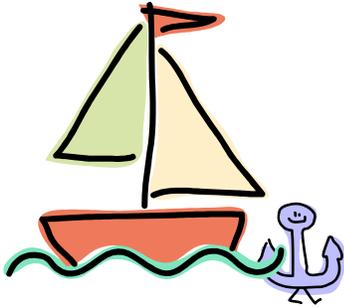
Hillcrest MOPS May 1, 2014

“We are a Beautiful Mess: Balancing Our Roles”

Lisa Davis

Boat and Anchors

The boat represents you and the anchors represent things that weigh for your attention.
List your anchors

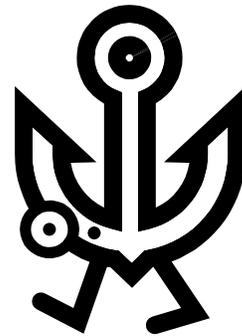


Balance is when _____ is in the _____ of your boat and you include him in _____ aspect of _____ day. This is true in any season of your life.

How do we do this?

Take a Complete Assessment of Ourselves-Areas that affect our Balance

1. **Body-** We are a dwelling for the Holy Spirit but we have limits
 - a. Diet- Healthy, correct amounts
 - b. Water-Dehydrated makes you feel sleepy
 - c. Sleep- Ideal is 8 hours a night
 - d. Exercise-Get moving
 - e. Doctor and Dental care-Checkups for you
 - f. Outward Beauty-Pamper self, get dressed, hair ect.



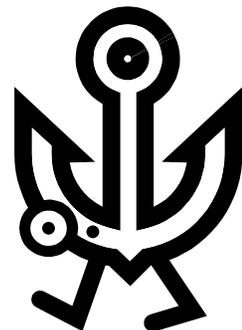
2. **Mind-**
 - a. Thoughts
 - i. Positive- Philippians 4:8 Whatever is true, honorable, just, pure, lovely, commendable, any excellence, anything worthy of praise
 - ii. Negative-Replace with positive, seek out scriptures, talk with Christian friend

- b. Learning and Using Your Mind
 - i. Advancing skills or learning new ones
 - ii. Exercise your creativity
 - iii. Prioritize your time and energy- 1. God 2. Spouse 3. Children 4. Work, family, ministry, friends, hobbies
 - iv. "In light of eternity" shall I... (many choices in 24 hours)



3. **Spirit**- The Holy Spirit helps keep my spirit looking to Jesus in every moment, not just Sundays. Christ as center focus makes you unshakable. The focus is shifted from the heavy anchors to THE anchor.

- a. Daily in God's Word
 - i. Know what the bible says so you can know God
 - ii. Bible Study- in depth (Sisters inChrist Tuesday am/Thursday pm)
 - iii. Daily reading emailed to you (devotions too. www.Biblegateway.com)
 - iv. Proverbs chapter a day-May 1st=chapter 1
 - v. Bible on phone or travel bible in car
 - vi. Read it out loud- kids will hear and better comprehension
 - vii. Children's devotions and children's bible
 - viii. Parallel Bible
 - ix. Memory Verses-home, car, ring, journal. Pray verses for each in family.
- b. Pray without ceasing
 - i. Daily activities-folding clothes, driving, shower, cleaning room by room, walking in neighborhood, school drop off/pick up, before getting out of bed or getting in at night, meals
 - ii. Pray with friends-Moms in Touch, play groups, MOPS, accountability partners
- c. Praise God
 - i. Pray praise to God. Who he is. What he is able to do.
 - ii. Worship in church- enjoy worshipping together
 - iii. Music- WNWC 102.5, play lists,
- d. Sunday Rest
 - i. Family time-meal and rest
 - ii. Solitude-focused quiet time with God
 - iii. Retreat for a day or weekend
 - iv. Retreat with women's ministry April 2015
 - v. Time to ponder about God and his creation



Make A Plan What changes do I need to make? _____

1. **Spiritual**
2. **Mind**
 - a. Philippians 4:8 thinking
 - b. Priorities must be clear
 - c. Talk to husband about what matters most in the house. Remember YOU CAN'T DO IT ALL.
3. **Body**
 - a. Set plan into action and stick with it!

Implement-Pray asking God to help as you make new plans designed to be balanced with him.

Evaluate- Take the time to look at changes and the effects. Be willing to be flexible and tweak plans as necessary.

Ultimately it all comes down to trusting God's word and resting in that faith. By keeping Him the first priority we see things more like God. Our will resembles His will more and more. We find our 24 hours a day becoming more balanced and joyful as our thoughts and actions line up with His. This is rest.

Balance is when Christ is in the center of your boat and you include him in every aspect of every day. Heavy anchors will come but the boat will not capsize.

Do I have balance in my life?

What is preventing me from having balance in my life?

"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."
Matthew 11:28-30

But seek first the kingdom of God and his righteousness, and all these things will be added to you.
Matthew 6:33