

Pursuing a Life Balance—Spirit, Mind & Body—August 2018

You can do anything, but not everything. ~ Author unknown

We hear a lot about work-life balance. The problem with that is the two are competing forces, with one usually prevailing over the other. Even in Jesus' life, and throughout scripture, we don't see that kind of "balance." However, we do read of instances of work, rest and celebration, all centered on loving God and others.

These days, some of us try to seek "work-life balance" because we want to live our best lives, but we also want health, wealth, wholeness and joy. Unfortunately, in our quest to have those things, we sometimes work so much that our bodies are tired, our minds are drained, our souls depleted, and our relationships are strained. Our challenge becomes not how to balance "work" and "life" so much as how to *live* a balanced, fruitful life that focuses on healthy, blessed rhythms of work, rest and play.

Sometimes we become so obsessed with passing wealth on to our children and grandchildren, that it's easy to lose focus on other important things, such as passing on our faith. The reality is that wealth won't get our loved ones through crisis, but faith will. When we put God first in our life our priorities shift as we seek His power, presence, peace and purpose for fulfillment and balance, rather than the accolades of people or the accumulation of material things.

At Grove, we embrace a life balanced—*spirit, mind and body*. *That's one of the reasons we observe August as Renewal Commitment Month among our ministries*. The transformation we desire in our lives comes from a renewed mind (Romans 12:2). I encourage you to pursue a balanced life—***spirit, mind and body***—and offer these suggestions to help you get started:

- **Refocus** by making or taking time for prayer and meditation.
- **Reorder** your life and prioritize what is important.
- **Restore** your body with rest, exercise, vacation or staycation and healthy eating.
- **Renew** your mind and spirit through reading, reflection and meditation.
- **Reconnect** with meaningful relationships—family and friends.

Be safe, be happy and be prayerful this month while pursuing a balanced life—spirit, mind and body!

Peace and power

Pastor Marriner

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