

Friday: Living a Balanced life

"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." John 14:27

1. What is a balanced life? Symptoms Are:

- Success in things that matter
- Confidence, poise and more control
- Sufficient time and you meet goals
- People trust you
- Role model to others

Obstacles to Living a Balanced life

- Fatigue, lack of physical fitness
- Inability to organize time and to prioritize tasks
- Other people's demands on me or my perception of their demands
- Relationship problems
- Need for spiritual strength
- Mental fatigue

2. Three Pronged Approach to Balancing Life:

Prong One: Keep a "Reality Check" on your expectations and what Heavenly Father (not others) expect of you:

"Anyone who imagines bliss is normal is going to waste a lot of time running around shouting that he's been robbed. The fact is that most putts don't drop, most beef is tough, most children grow up to be just people, most successful marriages require a high degree of mutual toleration, most jobs are more often dull than otherwise. Life is like an old time rail journey...delays, sidetracks, smoke, dust, cinders, and jolts: interspersed only occasionally by beautiful vistas and thrilling bursts of speed. The trick is to thank the Lord for letting you have the ride." – Quoted by President Gordon B. Hinckley, from a column by Jenkins Lloyd Jones

"To you who feel harried and overwhelmed and who wonder whether you ever will be able to run fast enough to catch the departing train you think you should be on, I suggest that you learn to deal with each day as it comes, doing the best you can, without feelings of guilt or inadequacy...No one can do everything...Remember, our Heavenly Father never expects more of us than we can do." – Elder M. Russell Ballard, *Ensign*, Nov. 1991, p. 95

"It may be just as dangerous to exceed orthodoxy as it is to fall short of it. The safety and happiness we are promised lies in keeping the commandments, not in discounting or multiplying them." --Elder Dallin H. Oaks, "Our Strengths Can Become Our Downfall," *Ensign*, Oct. 1994, p. 11.

And see that all these things are done in wisdom and order; for it is not requisite that a man should run faster than he has strength... – Mosiah 4:27

Prong Two: Obtain More Energy and Follow Christ's Example: Christ is the way!

... I am come that they might have life, and that they might have it more abundantly. – John 10:10

"He was subject to fatigue and bodily exhaustion from other causes, as are all men; without food He grew hungry; without drink He thirsted; by labor He became weary. The fact that after a day of strenuous effort He could calmly sleep, even amidst the turmoil of a tempest, indicates an unimpaired nervous system and a good state of health. Nowhere do we find record of Jesus having been ill. He lived according to the laws of health, yet never allowed the body to rule the spirit; and His daily activities, which were of a kind to make heavy demands on both physical and mental energy, were met with no symptoms of nervous collapse nor of functional disturbance. Sleep after toil is natural and necessary. The day's work done, Jesus slept." – Elder James E. Talmage, *Jesus the Christ*, p. 285.

Prong Three: Balance the Four Kinds of Energy: Physical, Mental, Emotional, Spiritual:

And thou shalt love the Lord thy God with all thy heart [emotional], and with all thy soul [spiritual], and with all thy mind [mental], and with all thy strength [physical]: this is the first commandment. And the second is like, namely this, Thou shalt love thy neighbor as thyself [social]. . . – Mark 12:30, 31

3. Christ's Teachings on Balanced Living

Physical

Luke 8:22-23; Isaiah 40:31; D&C 89:20; Alma 46:40; Ephesians 5:18; 3 Ne. 13:25-34; D&C 89: 18-21; D&C 49:19-21, 59:16-20, 84:81-85; Acts 27:34; Gen 1:29-31, 9:3-4; D&C 88:124, 10:4; Mosiah 4:27; Daniel 1:8, 15; Luke 9:12

Mental

Luke 2:52, 24:27; 3 Ne. 23:14, 26:1-6; D&C 9:8-9, 88:118, 109:14; Matt. 10:16; 2 Ne. 28:30

Emotional

3 Ne. 17:20-22; John 11:30-36; Matt. 14:10-14; John 2:14-16, 13:34; Isaiah 9:6; James 3:18; Isaiah 53:3-9

Spiritual

Matt. 2:12; Mark 9:2, 6:46; Matt. 14:23; John 17; D&C 93:13; Alma 7:11; Heb. 4:15; Matt. 6:6

Social

Luke 7:36; Matt. 18:23; John 13:5-14, 11:25-27; 3 Ne. 9:15, 17:6; John 15:15; Luke 4:18; D&C 93:45