



FINDING BALANCE

BUILD MY LIFE AROUND CHRIST

(Matthew 22:37, NIV)

ACCEPT MY HUMANITY *(Proverbs 3:5-6, NIV)*

LIMIT MY LABOR *(Exodus 20:8-11, NIV)*

The Sabbath was made for man, not man for the Sabbath. (Mark 2:27b, NIV) (Ecclesiastes 4:4a, NIV)

- 1. REST MY BODY**
- 2. RECHARGE MY EMOTIONS**
- 3. REFOCUS MY SPIRIT**

ADJUST MY VALUES *(Ecclesiastes 4:4, NIV)*

NOURISH MY INNER LIFE

(Song of Solomon 1:6b, NIV)

Jesus answered, "I tell you the truth, you are looking for me, not because you saw miraculous signs but because you ate the loaves and had your fill. Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you." (John 6:26-27a, NIV)

COMMIT MY DAILY SCHEDULE TO GOD

(Psalm 31:14-15a, NIV)

ENJOY THE MOMENT *(Ecclesiastes 5:18, NIV)*