

*(Ecclesiastes 7:18 NIV) "It is good to grasp the one and not let go of the other. Whoever fears God will avoid all extremes."*

## Finding Balance

1. Spending time in God's presence.
2. Spending time applying God's principles.

*(John 11:5 NIV) "Now Jesus loved Martha and her sister and Lazarus."*

*(Luke 10:38-42 NIV) As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."*

*(John 11:20-29 NIV) "When Martha heard that Jesus was coming, she went out to meet him, but Mary stayed at home. "Lord," Martha said to Jesus, "if you had been here, my brother would not have died. But I know that even now God will give you whatever you ask." Jesus said to her, "Your brother will rise again." Martha answered, "I know he will rise again in the resurrection at the last day." Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?" "Yes, Lord," she replied, "I believe that you are the Messiah, the Son of God, who is to come into the world." After she had said this, she went back and called her sister Mary aside. "The Teacher is here," she said, "and is asking for you." When Mary heard this, she got up quickly and went to him."*

*(John 11:32-34, 43 NIV) "When Mary reached the place where Jesus was and saw him, she fell at his feet and said, "Lord, if you had been here, my brother would not have died." When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. "Where have you laid him?" he asked. "Come and see, Lord," they replied... Jesus called in a loud voice, "Lazarus, come out!" The dead man came out, his hands and feet wrapped with strips of linen, and a cloth around his face. Jesus said to them, "Take off the grave clothes and let him go.""*

## **The Benefits**

### **1. Following His principles tells God that we love Him.**

*(1 John 5:3 NIV) "In fact, this is love for God: to keep his commands. And his commands are not burdensome."*

### **2. Following His principles brings healing.**

*(Exodus 15:26 NIV) "He said, "If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you.""*

### **3. Following His principles leads others to Christ.**

*(Matthew 5:16 NIV) "In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."*

### **4. In His presence God expresses his love for us.**

*(Jeremiah 31:3 NIV) The Lord appeared to us in the past, saying: "I have loved you with an everlasting love; I have drawn you with unfailing kindness."*

### **5. In His presence God speaks to our fears, failures, hopes & dreams.**

*(John 1:1 NIV) "In the beginning was the Word, and the Word was with God, and the Word was God."*

### **6. In His presence God strengthens our hearts.**

*(Psalms 27:14 NKJV) "Wait on the LORD; Be of good courage, And He shall strengthen your heart; Wait, I say, on the LORD!"*