

Spiritual Balance

The act of maintaining balance is the ability to “pull back” and _____ to an upright or steady position.

Losing our spiritual balance
can be caused by outer circumstances
or inner _____ or perspectives.

Three Keys to Balance:

Return to _____

Psalm 31:1-5

So whether you eat or drink or whatever you do, do it all for the glory of God. 1 Corinthians 10:31 (also Colossians 3:17)

... If anyone serves, he should do it with the strength God provides, so that in all things God may be praised through Jesus Christ. To Him be the glory and the power for ever and ever. Amen. 1 Peter 4:11

The LORD will fulfill [His purpose] for me; your love, O LORD, endures forever ... Psalm 138:8

When not living for His _____, we will begin to lean to either self-promotion or self-defense.

Return to _____

Psalm 31:6-14

Consider it pure joy, my brothers, whenever you face trials of many kinds, James 1:2 (also Rom. 5:3-5)

Rejoice in the Lord always. I will say it again: Rejoice! Philippians 4:4

I always thank God for you because of His grace given you in Christ Jesus. 1 Corinthians 1:4 (also Phil. 1:3 & 1 Thess. 1:2)

Without returning to _____
the heaviness of our heart will be prone
to attack or to be attracted to wrong things.

Training the Brain:

*Three times a day for 30—60 seconds
focus on something that gives you joy.*

Return to His _____

Psalm 31:15-24

*You are my hiding place; you will protect me from trouble and surround me with songs of deliverance. Selah Psalm 32:7
God is our refuge and strength, an ever-present help in trouble. Psalm 46:1*

As the mountains surround Jerusalem, so the LORD surrounds His people both now and forevermore. Psalm 125:2

_____ the reality of His presence we will
quickly become overwhelmed
or find our own solution.

Optional Studies:

Read Psalm 31 through the week, select seven to ten phrases that mean the most to you. Let God speak to you through those.