Imagine a girl on a balance beam. The balance beam is straight and narrow and placed several feet off the ground. Her goal is to maintain her balance while moving back and forth across the beam doing handstands, cartwheels, backflips, etc. She has to use every part of her body, often leaning a little to the left or a little to the right to keep perfect balance. She has to maintain her center of gravity at all times by focusing on the narrow beam.

Matthew 7:14 says, “But small is the gate and narrow the road that leads to life, and only a few find it” (NIV). Staying on God’s balance beam requires keeping Jesus as our center of gravity, or we cannot stay balanced on that small, narrow road. Proverbs 3:6 also reminds us to “in all your ways submit to him, and he will make your paths straight” (NIV). Once again, in order to stay on the straight beam, or path, I must keep the center of my focus always on Him.

Do you think this anonymous poem sums it up?

tightrope

without You, I walk a tightrope,
i extend my hands for balance, staring at my feet,
my body trembles with uncertainty of what’s to come;
my knees feel weak, will my steps be sure?
my nerves unstable, feelings insecure,
my body trembles at the prospect of a fall.
all the focus on me, my hands, my feet, my knees,
all the focus on me, my fear.
You, You have set my feet on a firm place.
You, You have stood me firm.
You, You have set my feet on a firm place,
And I will not fear, I will trust.
i have no cause for worry, no,
i have no need to look down at my feet
when I can focus on the one who made me,
healed my soul, and gave me everlasting peace.
with my eyes fixed on You, secure, assured, and free.
my hope is in You, there is harmony
and perfect rhythm in my soul today.

FOR STUDY

Memory Text: “Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s” (1 Corinthians 6:19, 20).

Our Beliefs, no. 22, Christian Behavior: "We are called to be a godly people who think, feel, and act in harmony with biblical principles in all aspects of personal and social life. . . . It also means that because our bodies are the temples of the Holy Spirit, we are to care for them intelligently."

Ellen G. White, Thoughts From the Mount of Blessing, pp. 141-143

RESPONDING

Read Colossians 1:10.

“If we ever attain unto holiness, it will be through the renunciation of self and the reception of the mind of Christ” (Ellen G. White, Thoughts From the Mount of Blessing, p. 143).

How seriously do you take each day, each choice? How will those little choices of balance affect who you are, who you become?

BIBLE ANSWERS ON CHRISTIAN BEHAVIOR

Read Romans 12:1, 2; 2 Corinthians 10:5; 3 John 2.

God created us, and He knows what is best for our minds and bodies. In following God’s plan for us, we can live healthy and balanced lives.

List the things you are doing that will help you be healthy—mentally, physically, emotionally, and spiritually.

What are some things you can do to improve the areas you feel are weak?

Fill in the blanks. Texts are from the New King James Version.

“For the grace of God that brings _______ has appeared to all men, _______ us that, _______ ungodliness and worldly lusts, we should _______ , _______ , and _______ in the present age” (Titus 2:11-13).
All the powers of the mind should be called into use and developed, in order to be really effective at balancing your life, you must identify God created you, but He has left the daily management choices up. Life and all its abundance and excess make it really difficult for us to to do is keep your focus on Him and move forward one step at a time. They might have a more abundant life. That is an awesome gift! All you have to do is to climb up on that skinny little beam and keep their eye on it as they practice walking back and forth. Each time they fall off, their coach encourages them to get back up immediately and try again. The more they practice, the better their balance becomes, and they get to the place where they don’t even have to watch each step (each little choice), but can keep their primary focus on their center of gravity (Jesus). Just how balanced are you? One step toward finding balance in life is to take a look at what might be out of balance. Decide where you are between the two.