Five keys to a more balanced Christian life.

We live in a very hectic world. The enormous stress that we experience can weigh us down and can interrupt our professional and personal relationships. As a Christian coach I love working with people and watching the Holy Spirit bring more balance in people’s lives and relationships.

My hope and prayer for you is that these five key actions and attitudes will help bring transformation and balance into your life and relationships. May God richly bless you with the powerful Love of Christ and the transforming presence of the Holy Spirit. Amen.

Key number 1: Listen to the Word, not your wounds.

When is the last time you told yourself the truth about who you are? We all talk to ourselves, that’s very normal. But is that self-talk truth-based, or wound-based? We all have wounds in our lives and these wounds are powerful. These wounds from the past or the present will try very hard to give us an identity. They will entice us to listen to them. But they are not more powerful then God’s resurrection love.

We need to listen to the Word of God, and not our wounds. When we listen to the Word we hear the truth about who we are: we are all powerful, precious, and prayerful children of God. We all need to focus on our great identity as children of God and when we do that we become much more balanced in our lives and relationships. Have you told yourself the truth about who are you today? If you haven’t don’t wait, do it now. You are God’s child, and God loves you.

If there is a habit of telling yourself anything negative try this today: when you catch yourself saying anything negative about who you are give yourself verbal permission to not do that anymore. Then, forgive yourself and ask God to give you the strength you need to never do that again. These actions and attitudes will bring much more healing and balance in your life today.

May our loving and ever present God bless you today with the power of the Spirit so that you can listen to the Word and not your wounds. Amen.
Key number 2: Understand and act on the power of rot or resurrect.

There are two fundamental responses with our hurts: they can rot or resurrect. Which one do you want in your life? Do you let your hurts rot or do you let them resurrect? We can’t escape hurts in our broken world, everyone has them. It is what we do with our hurts that is critical. Unfortunately, if we do nothing with them, they will start to rot and like anything that rots they will create their own life of infection and negativity.

Think about unforgotten food in the fridge. It doesn’t take long before it creates a life of its own, and it is not a pretty life. It is a life that can be lethal with bacteria and viruses. Our hurts are the same. But, there is an alternative.

We can give our hurts to God and allow the Holy Spirit to resurrect them. I have seen this happen in my life and in many people’s lives. When resurrection happens God transforms our hurts into something that can be used for the good. This is a process but it does happen and when it does this new life takes on a positive life of its own and overspills onto other people by blessing them with hope, new life, and peace.

Try this today with one hurt: write it out and shred it, or cut it up and bury it, or safely burn it. As you purge this hurt from yourself think about the power of God bringing new life from it. In doing one of these healing rituals with our hurts we can began to create more balance in our live today.

May the God of resurrection power continue to bring new life from all the hurts you have been through. Amen.

The third key: Status or stewardship?

Do we use our material wealth for status or stewardship? In our society we waste an unbelievable amount of wealth on non-essentials. I remember working with a person who used to always need the best vehicle as a status symbol, or the most expensive watch just so people would know he had money. We discussed this and talked about what Christ was calling him to do with his material wealth. He soon began to see that he was called to use his money for stewardship and not status.

It is good to take time in our lives and ask how we are using the money that God has given to us. Are we caught up in the habit of squandering financial resources by purchasing the shiniest gadget or newest device? Or, do we recognize that all we have been given is a gift from God and we are called to be wise stewards of these gifts of time, talent, and treasure.
When we recognize this truth then we see that the Holy Spirit is calling us to live simply so others may simply live. There is a tremendous sense of balance in our lives when we see we are stewards and we don’t need the stuff of status.

Try to do this today: write down one way you can share your gifts of time, talent, and treasure with your church or somebody less fortunate and then do what you have written. As you are giving pay attention to how you can’t out-give God. God always blesses a king and generous steward. May God bless your giving.

The fourth key: Understanding and responding to our “emotional illusions.”

I know we have all seen optical illusions, these look real, but aren’t true. When you drive in the summer and look ahead on the road you can sometimes see a clear puddle of water. That “puddle” is the result of an optical illusion created by light refraction and angles...they are truly incredible! They look so real, but they are not true.

Well, emotional illusions are similar only they feel real, but aren’t true. Here are some common emotional illusions that can increase our stress and take the balance out of our Christian life: “things won’t work out for me,” “I am no good,” “things can’t get better,” and the list goes on. If you are feeling any of these emotional illusions please know that God wants to and can heal this. When I feel these emotional illusions in my life I tell myself that God wants me to focus on the Truth, and that Truth is Jesus. Christ remembers and redeems these emotional illusions so that we don’t have to be fooled by them any longer.

Let’s all try this today: when we feel an emotional illusion start to recognize what it is by naming it. Then, let’s give ourselves verbal permission to not be fooled by them.

The fifth key: Understanding your family of origin and your Origin of family.

When is the last time you prayerfully analyzed your family of origin? One of the most fruitful exercises we can do to attain some life balance is to understand what we learned in our family of origin. I believe God wants us to prayerfully think about what we learned in our family of origin. How did we learn to communicate? How did we learn how to argue? How did we learn how to be angry? How did we learn how to be in a relationship?

These are just some of the very important issues that need to be prayed about and thoughtfully examined so that we can keep the great things we were taught, and we can give the more difficult things to God.
Family of origin is important, but it is not more important than origin of family. I am quick to point out that although family of origin is important to understand and analyze, it is not more important than the origin of family; and that is God.

God is the one who created our families and we belong to God’s family. When is the last time you reminded yourself of your great identity as a child of God?

Yes, God loves you and cares for you. When we remember that God is the origin of who we are, and that we are God’s children our life becomes more and more balanced. This truth can be a great antidote to some of the lies we heard in our family of origin.

Let’s all do these three things today: Take five or ten minutes right now to write down five good things that our families taught us. Then, write out five things from our families that we need to give to the Lord though safely burning them, shredding them, or cutting them up and burying them. Finally, let’s write a sign to put up on our bathroom mirror that says: “I am a child of God, treat me accordingly.” This daily reminder can help to bring more balance from some of the more difficult things from our family of origin.

I hope and pray that these five keys to a more balanced Christian life will help you and your loved ones become more and more of who you already are: powerful, prayerful, precious, and priceless children of the King. May God bless you with a deeper understanding of this great identity and may the Holy Spirit continue to bring new life and new balance in your life. Amen.