

○ WORSHIP

SUGGESTED WORSHIP SONGS:

This God is Our God, Amazing God, Indescribable, Living Hope, You are God Alone

○ WELCOME

Balancing Act. On a typical week, how many hours do you allot for physical, mental, spiritual and social activities? Can you say you have a balanced life?

○ WORD

LUKE 2:52

⁵²And Jesus kept *increasing (grew)* in wisdom and stature, and in favor with God and men.

The Christian life is like riding a bicycle – we have to keep moving for us to stay up. However, the moment we stop, we begin to fall. In the same way, we need to keep moving to keep growing. And we do this by creating an environment for continuous learning and improvement.

In life, we can have so many roles that it may seem that we don't have enough time to do everything. The truth is, however, is that God gives us the time we need to do what He wants us to do according to what He wants us to be.

Following the model of Jesus who kept growing in wisdom and stature and in favor of God and men, we must live a balanced life mentally, physically, spiritually and socially. How can we be successful in experiencing such a state of balance?

GROWING IN WISDOM (MENTAL)

Wisdom, in the Hebrew context, is knowledge put into application. But how exactly do we keep growing in wisdom?

Pray for wisdom (James 1:5). God wants us to have wisdom. He gives it generously to all who ask of Him. Amidst pain and suffering, we should ask God for wisdom, especially when we do not know what to do (**James 1:2–4**). This is so that we can be guided by His Spirit on how to properly respond.

Know the will of God (Ephesians 5:15–17). Growing in wisdom is following God's way instead of our way. While many people do not understand the heart of God, God's desire is for us to be happy and to be protected from the consequences of making wrong choices. Wisdom enables us to make the right choices and receive the blessings of God.

Delight in God's Word (Psalm 1:1–3). Blessed are those who do not listen to the opinion of the world,

but delight instead in God's Word, meditating on it day and night. God has promised that those who do this shall prosper.

GROWING IN STATURE (PHYSICAL)

Our body is the temple of God (**1 Corinthians 6:19–20**). If we are true Christians, the Holy Spirit dwells in us. God wants us to take care of our body, therefore, anytime we think of harming our body or killing ourselves, these thoughts are never from God. Sexual immorality is a special category of sin that harms the body (**1 Corinthians 6:18**). If we fully understand that we are bought at a price, we will glorify God in our body. Taking care of our body and growing physically is crucial. How do we do so?

Observe Sabbath (Exodus 20:8–9). God commands us to rest from our work on the seventh day.

Take care of our body. Exercise for at least 15 minutes daily. Watch your diet not only by avoiding sugar and other unhealthy foods but also by eating fruits and vegetables. Sleep with an average of seven hours daily. Our brain defrags and our body detoxes during sleep time.

Beware of the dangers of internet addiction i.e., social media and pornography. Internet addiction affects our brain – we get irritated when something is taken away; we easily get bored and want more pleasures (learn about medical terms such as anhedonia, dopamine, non-sadness depression).

Replace attention on internet and gadgets. Spend time with the Lord first thing in the morning. Technology is not bad but we have to manage it and not let it control us; so schedule time to use it.

Discipline our body and model it for others (1 Corinthians 9:27).

WORD (CONT'D)

GROWING IN FAVOR WITH GOD (SPIRITUAL)

God commands us to keep growing in grace (2 Peter 3:18). So how do we keep growing spiritually?

Be pleasing to God (2 Corinthians 5:9). There is nothing we can do to earn God's love, He chooses to love us, but when we obey God, we please Him. Obedience is God's love language. If we love God, then we obey Him (John 14:23). The blessing of obedience is an intimate experiential presence of God in us. In His presence, there is fullness of joy. Put God first and keep growing.

Keep growing in your spiritual intelligence (SQ), which means seeing things from God's perspective (Psalm 36:9). We do not live based on what is popular or what people will say but on the authority of God's Word.

DISCUSSION QUESTIONS:

(Leaders: Please choose questions that are appropriate to the level of spiritual maturity of your members)

1. **Jesus Model.** In what areas did Jesus keep growing according to **Luke 2:52**? What does it tell you about?
2. **Self-Diagnostic.** In what areas of well-being are you strong and need improvement? How can you develop these?
3. **Balancing Act.** Based on your list from the "welcome" section, how do you intend to appropriate your time and other resources for a balanced mental, physical, spiritual and social well-being?

WORKS

PRAY CARE SHARE IN ACTION

Dig deeper and unpack your self-diagnostic and balancing act questions by connecting it to the definition of True Success. Pray and ask God for wisdom to guide you in identifying what He wants you to be and what He wants you to do. Map a revised daily and weekly schedule of activities that you intend to follow in obedience to God.

List down the names of the people who you will naturally impact by modeling this balanced life map.

GROWING IN FAVOR WITH MEN (SOCIAL)

Keep growing your emotional intelligence. EQ is our ability to control our response toward unfavorable circumstances which often involve other people. An angry reaction can destroy relationships. Based on studies, those with a high EQ can outperform those with a high IQ in their lives.

Be friendly and happy. EQ can be learned by training the brain with the Word of God. High EQ enables us to be friendly and have healthy relationships with others. EQ is affected by SQ. A Spirit-filled life bears the fruit of the Holy Spirit (Galatians 5:22). True Christians are unspeakably happy people because of Jesus.

Jesus modeled for us a balanced life. Our goal now is to follow His example. One day, when we see God face to face, what will He say to us? True success is becoming what God wants us to be, doing what God wants us to do, and hearing Him say, "Well done, my good and faithful servant."

WEEKLY PRAYER POINTS

- I. **Thanksgiving**
 - Worship God for who He is, what He has done, and what He will do in our lives
- II. **Country and the World**
 - Upright and moral governance of Public Servants and a God-centered Philippines
 - Repentance and Salvation
- III. **Church**
 - That CCF Members would honor and love God and make disciples
 - Elders, Pastors, Leaders, and Families
 - Ministries and Churches worldwide
- IV. **CCF Facilities**
 - Worship and Training Center
 - Prayer Mountain
- V. **Personal Concerns**
 - Deeper intimate relationship with God
 - Righteous living
 - Salvation of family and friends