

## **Being Balanced**

### **Ready:**

“The person who trusts in the LORD, whose confidence indeed is the LORD, is blessed.” – Jeremiah 17:7

### **Set**

Finding balance in life is hard. When I think back to being a varsity athlete, there was a lot I had to keep in front of me.

There were practices and classes. I needed proper meals and rest to perform. On game days, particularly in basketball, I needed to wear a collared shirt and a tie, which I hated. And, like all high school athletes, I had to keep my grades up, or I wouldn't play. All of that was just for high school athletics.

Now, we have normal life stuff, too – appointments, jobs, bills, etc. How do we find balance? Jeremiah 17:7 says, “The person who trusts in the LORD, whose confidence indeed is the LORD, is blessed.” Jeremiah describes such a person as like a tree planted with roots that seek out a nearby stream. A tree with deep roots is hard to knock down and continues to be fruitful.

Matthew 6:33 says, “But seek first the kingdom of God and His righteousness, and all these things will be provided for you.” Seeking the Lord first and foremost gives us the strength and balance we need for a hectic life. To seek Him first is to plant ourselves, with deep roots, near the best source of life.

Make Christ your priority, and you “will not worry in a year of drought or cease producing fruit.” (Jeremiah 17:8).

### **Go**

- What has it been like to balance life and sports?
- What has been the most challenging part of finding that balance?
- How can focusing on Jesus help you find balance in your life?

### **Workout**

Jeremiah 17:5-8

Matthew 6:25-34

### **Overtime**

“Father, I have so much to focus on in my life. Help me to make You the foundation of my life so I can have stability and strength in all I do. May You be glorified in and by my life. In Jesus’ name, Amen.”



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