

## *Finding Balance in Life*



Balanced living is essential for life in God's kingdom. A balanced life involves making time for more than work—family, friends, hobbies, and service are also important. Balance is about setting priorities, managing time effectively, and learning to say no when necessary. Life balance is a continuous process that requires effort and commitment, but we will be rewarded with a restful spirit when we live as God intended.

*It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones. (Psalm 127:2 NLT)*

Balance is not just about dividing your time evenly between different aspects of life; it's about harmonizing these aspects to create a meaningful life that glorifies God. When we are out of balance, we may experience increased stress, burnout, and

strained relationships. Finding balance in life can be a daunting task. Juggling the demands of work, relationships, family, and church can quickly overwhelm us. By evaluating and determining priorities, we can allocate our time and energy more effectively and avoid burnout. We only have one lifetime to steward our gifts, talents, and resources. How we use these treasures will deeply impact us and our communities.

### **Time is a Gift**

In the whirlwind of life, where deadlines, obligations, and responsibilities abound, one resource stands out as truly invaluable: time. The idea of time as a gift might seem paradoxical in a world driven by productivity and efficiency. Many individuals find themselves caught in the trap of chasing after more hours in the day, attempting to cram as much as possible into their schedules. The illusion that busyness equates to accomplishment can lead to stress, burnout, and a diminished quality of life. Time is indeed a valuable gift that we must cherish and use wisely. Reflect on your values and priorities. Rather than viewing time as a finite commodity to be hoarded, choose to



use your time for activities that align with your values. Don't let your life be dictated by the urgent instead of what matters. If you divided your day into blocks of hours and listed what you focused on, what would it say about what you value?

## **Spreading Abundance**

As we aim for balance in life, we must consider our attitude toward our treasures. Our treasures include anything of significant value, such as family, friends, business ventures, knowledge, leadership qualities, or personal achievements. How do you view your treasures—as a private hoard or a gift to be shared? In a world often consumed by individual pursuits and materialism, the act of sharing takes on profound significance. Sharing your treasures creates connections that transcend boundaries. Sharing

your resources, whether it's knowledge, skills, or material possessions, can directly improve the lives of those around you. Your expertise can empower others to grow, your mentorship can guide them toward success, and your donations can provide essential support.

In God's kingdom, treasures are meant to be shared. Sharing your treasures is a profound act that goes beyond mere generosity. It builds connections, enriches lives, and expands the kingdom of God. Spreading our abundance while holding time as a gift provides a paradigm for finding a healthy life balance.

The Gehman Business Advisors will walk with you toward finding balance in life and join you in seeking God's guidance for your business.

—*The Gehman Business Advising Team*



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