



September 25, 2020
Out of Balance
Read Luke 2:42-62

"And Jesus increased in wisdom and stature, and in favor with God and man," read Dad during family devotions one evening. He closed the Bible.

"Jesus was well-balanced," observed Mom.

Luisa laughed. "I think you have balance on the brain," she teased. Due to an inner ear problem, Mom had been very dizzy and unable to keep her balance the day before.

Mom grinned. "I sure found out how important balance is," she agreed.

"And you think Jesus could walk without almost falling over?" asked Anita, but she knew that wasn't really what Mom meant.

Dad smiled. "Jesus was well-balanced in the way he was growing and developing," he said. "He 'increased in wisdom'—that's growing mentally."

"Brain power," said Luisa with a grin. "And growing in 'stature' means he grew physically, right?"

Dad nodded. "He was 'in favor with God,' and that tells of his good relationship with God. His growth 'in favor with man' shows that he developed socially and got along well with others."

"Right. He lived a well-balanced life. He's our perfect example," Mom said. "Too much of one thing and not enough of another will throw you off-balance and cause you to fail. For example, people may be very smart, but it will not make them happy if they can't get along with other people."

"Yeah—like you, 'Nita," said Luisa. Anita did very well in school, but she recently seemed to have problems with the other kids in her class.

"Look who's talking!" grumbled Anita. "All you ever do is aerobics workouts. You have strong muscles, but a weak brain."

"That will do," Dad said sternly. "Instead of criticizing one another, each of you should be thinking about how you can develop balance in your own life. And don't forget the spiritual side. Take time for God's Word and prayer. When you do that regularly, you may be surprised at how nicely the other areas develop."

HOW ABOUT YOU?

Are you well-balanced? Do you eat well, get enough rest and exercise, enjoy and help people, and learn about and serve God? Check to see what you need to do to achieve a good balance to grow physically, socially, mentally, and spiritually.

BE WELL-BALANCED

Scripture Memory Verse:

"Jesus increased in wisdom and stature, and in favour with God and man."

Luke 2:52