

Balancing Life's Demands

Daredevil Nik Wallenda has announced that he will perform his highwire act across the Grand Canyon this summer unharnessed. This will be Wallenda's highest walk ever recorded as he's targeting an area that's 2,000 ft. above the Colorado River.

Last June, Wallenda became the first person ever to walk across Niagara Falls on a highwire. The event was televised live by ABC which required him to wear a safety harness. Wallenda protested against the safety harness and continues to do so today. He states he is not comfortable wearing a safety harness while performing. Wallenda has disclosed that his upcoming walk across the Grand Canyon will be unharnessed.

QUESTION: How are you doing with this high wire act called life?

1. Start out on the wire alone
2. Then you get married and you start to walk the wire together and it a bit complicated.
3. Then the first child arrives ... the stakes go up and the challenges increase

QUESTION:

How can we maintain our balance and arrive safely on the other side?

How can we do this in the face of the winds of adversity ... the winds of cultural change, financial insecurity...

What can we learn from those who lost their balance and fell into the devastation of divorce?

HOW THIS WEEKEND CAN MAKE A DIFFERENCE

1. **Rest.** Rest restores your body and your perspective.
2. **Reflect.** Consider what we discuss in these sessions... look at how you are living life.

3. **Redirect.** Decide together to make some changes in order to bring your life into balance ...

QUESTION: What does an unbalanced or overloaded life ... look like?
What are the symptoms?

When your relationship with the Lord is more of an obligation than a source of true joy ... may be on overload

If you live on caffeine, are often irritable, you worry a lot, you take tranquilizers and antidepressants ... overload

If your marriage is like two ships passing in the night ... overload.

When romance is a rather distant memory ... overload

When you find yourself thinking – what about me and my needs ... overload.

When the people closest to you don't sense your love ... overload

DEFINED: Overload occurs when the excessive demands of life create unhealthy stress which is detrimental to us physically, emotionally, mentally, spiritually and relationally.

What are some of the surface causes of overload?

1. Change – Holmes Stress Scale
2. Commitments and Day to Day Activities
3. Technology – Information and accessibility
4. Decisions and Unending choices
5. Demands of work
6. Media and cultural

7. Money – Debt – Health Insurance

WHAT IS THE SOLUTION TO OVERLOAD?

Start by determining what is in “THE BOX”

Bob Buford – Book Halftime

Loving God and Loving One Another

Mark 12:28-31

28 One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, "Of all the commandments, which is the most important?"

29 "The most important one," answered Jesus, "is this: 'Hear, O Israel, the Lord our God, the Lord is one. 30 Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' 31 The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

NOTE: Why did Jesus make it a point to combine these two commandments essentially into one? We must obey the first commandment in order to obey the second commandment...experience His love and share it with others.

QUESTION: Is your relationship with the Lord in “The Box” of your life?

1. Is the Lord your top priority?
2. If He is then ... He determines the other priorities in your life ...
Like you marriage ...

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DEFINED: Overload occurs when the excessive demands of life create unhealthy stress which is detrimental to us physically, emotionally, mentally, spiritually and relationally.

What are some of the causes of stress and overload?

1. Change – Holmes Stress Scale
2. Personal Commitments and Day to Day Activities
3. Technology – Information and accessibility
4. Decisions and Unending choices
5. Demands of work
6. Media and cultural
7. Money – Debt – Health Insurance
8. Unresolved relational issues

Essentials for Marriage and Family Living

1. Agree together that divorce is not an option. Never even use the word.

Mark 10:2-9

And Pharisees came up and in order to test him asked, "Is it lawful for a man to divorce his wife?" He answered them, "What did Moses command you?"

They said, "Moses allowed a man to write a certificate of divorce and to send her away."⁵ And Jesus said to them, "Because of your hardness of heart he wrote you this commandment. But from the beginning of creation, 'God made them male and female.'

'Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.' So they are no longer two but one flesh. What therefore God has joined together, let not man separate."

Malachi 2:13-16

And this second thing you do. You cover the Lord's altar with tears, with weeping and groaning because he no longer regards the offering or accepts it with favor from your hand.

But you say, "Why does he not?" Because the Lord was witness between you and the wife of your youth, to whom you have been faithless, though she is your companion and your wife by covenant.

Did he not make them one, with a portion of the Spirit in their union? And what was the one God seeking? Godly offspring. So guard yourselves in your spirit, and let none of you be faithless to the wife of your youth.

"For the man who does not love his wife but divorces her, says the Lord, the God of Israel, covers his garment with violence, says the Lord of hosts. So guard yourselves in your spirit, and do not be faithless."

2. Make sure you have left home so you can become one.

Genesis 2:24-25

Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. And the man and his wife were both naked and were not ashamed.

Exodus 20:4-5

“You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth.

You shall not bow down to them or serve them, for I the Lord your God am a jealous God, visiting the iniquity of the fathers on the children to the third and the fourth generation of those who hate me,

3. Deal with the hurts you experienced before you were married.

Ephesians 6:4

Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

Hebrews 12:14-15

Strive for peace with everyone, and for the holiness without which no one will see the Lord. See to it that no one fails to obtain the grace of God; that no “root of bitterness” springs up and causes trouble, and by it many become defiled;

4. Forgive one another and be reconciled.

Ephesians 4:31-32

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

5. Depend on the Holy Spirit to be your counselor.

John 14:15-17

“If you love me, you will keep my commandments.

And I will ask the Father, and he will give you another Helper, to be with you forever, even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you.

6. Walk in the power of the Holy Spirit and overcome the flesh.

Galatians 5:16-23

But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. But if you are led by the Spirit, you are not under the law.

Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

7. Develop a balanced biblical view of spiritual conflict and teach your children.

Ephesians 4:25-27

Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another.

Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.

Ephesians 6:10-12

Finally, be strong in the Lord and in the strength of his might.

Put on the whole armor of God, that you may be able to stand against the schemes of the devil.

For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

8. Teach your children spiritual truth even when it is not comfortable.

Deuteronomy 6:6-9

*And these words that I command you today shall be on your heart.
You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.
You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes.
You shall write them on the doorposts of your house and on your gates.*

9. Live looking forward to the Lord's return.

2 Timothy 4:6-8

For I am already being poured out as a drink offering, and the time of my departure has come. I have fought the good fight, I have finished the race, I have kept the faith. Henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous judge, will award to me on that Day, and not only to me but also to all who have loved his appearing.

Hebrews 10:23-25

Let us hold fast the confession of our hope without wavering, for he who promised is faithful. And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

John Nieder

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