

LIVING IN BALANCE



BY REDEEMING THE TIME

Art Adams, MSW, LCSW, LCAC, CADACIV

IRRECONCILABLE DIFFERENCES

- ▶ Leading trend for divorce.
- ▶ **DON'T BUY THIS LIE!**
- ▶ Your marriage is not hopeless.
- ▶ Just as God breathed life into a man, He can breathe life into your marriage if you let Him.
- ▶ It is time to stop fighting **IN** your marriage and start fighting **FOR** your marriage.

IT TAKES AT LEAST
TWO TO FIGHT AND
IT WILL TAKE THE
SAME NUMBER TO
MAKE-UP

MANY LESSONS ON BALANCE WILL PROVIDE A PIE CHART

- SPIRITUAL
- SOCIAL
- WORK/SCHOOL
- PHYSICAL
- BIOLOGICAL



- ▶ It is important to decide what the priorities are in our personal and family life.
- ▶ It is easy to get lopsided in life and give too much attention to one or two functions and miss LIVING.

“The great tragedy in life is to come to its end only to realize you never lived.”

Henry David Thoreau

- ▶ The Bible tells us our life is like a vapor that appears for a short time and fades. (James 4: 14)
- ▶ Consider the rich fool , who put his focus on things that fade. (Luke 12: 13-21)
- ▶ This lesson goes beyond a pie chart and deals with putting quality into each day. Enough quality days will equal a quality life.
- ▶ So, how do we put quality into living and especially into our family time?

PRINCIPLES TO LIVE BY FOR A QUALITY LIFE AND SUCCESSFUL HOME

- ▶ Turn to Ephesians - not chapter 5, but chapter 4
- ▶ Ephesian 4: 25 - 5:2)

PRINCIPLES TO LIVE BY FOR A QUALITY LIFE AND SUCCESSFUL HOME

▶ A. BE TRUTHFUL (v. 25)

▶ 1. Who lies?

- 91% of Americans lie routinely about matters they consider trivial
- 1 out of 3 lie about important matters
- 86% lie on a regular basis to their parents
- 75% lie to their friends
- 7 out of 10 people lie to their spouses

PRINCIPLES TO LIVE BY FOR A QUALITY LIFE AND SUCCESSFUL HOME

▶ 2. LYING EFFECTS RELATIONSHIPS

- a. Disrupts unity
- b. Creates conflict
- c. Annihilates trust
- d. Destroys relationships
- e. Shows Christ is NOT in the communication (I AM the TRUTH)
(Satan is a liar and the father of lies)

PRINCIPLES TO LIVE BY FOR A QUALITY LIFE AND SUCCESSFUL HOME

- ▶ B. YOU CANNOT BUILD A RELATIONSHIP IF HONESTY, INTEGRITY, AND TRUTH ARE NOT VALUED.
- ▶ 1. You can never have a marriage of oneness if you and your spouse fail to value authenticity.
 - a. If you cannot be real, you are living a lie (sneaking around at ANY level betrays truth and trust).
 - b. A life of unity cannot be lived with someone who is two-faced.

PRINCIPLES TO LIVE BY FOR A QUALITY LIFE AND SUCCESSFUL HOME

▶ 2. Get mad, but don't sin (v. 26)

- a. Do not bottle up your anger (health problems, stress).
- b. Learn not to explode in your anger (much damage is done by a loose tongue).
- c. Resolve your issues quickly (don't go to bed angry).

PRINCIPLES TO LIVE BY FOR A QUALITY LIFE AND SUCCESSFUL HOME

▶ 3. Play nice (v. 29)

- a. Watch the words that come from your mouth.
- b. Do they benefit the one listening?
- c. Words can heal or hurt - build up or tear down.
- d. Be careful using words like Never or Always.

PRINCIPLES TO LIVE BY FOR A QUALITY LIFE AND SUCCESSFUL HOME

▶ 4. Defining Your Spouse

- a. Don't define in the negative.
- b. See your spouse the way God does.
- c. Edify your spouse
- d. Pray for your spouse.
- e. Consider each other (Hebrews 10: 24)

PRINCIPLES TO LIVE BY FOR A QUALITY LIFE AND SUCCESSFUL HOME

- ▶ **C. ASSURE THAT CHRIST IS IN
THE CENTER OF YOUR
MARRIAGE**
- ▶ 1. Master forgiveness (v. 32) -
let past hurts go - build on a
foundation of forgiveness

PRINCIPLES TO LIVE BY FOR A QUALITY LIFE AND SUCCESSFUL HOME

- ▶ **2. Love as Christ loved (5: 1-2)**
 - a. Christ's love meant He confronted in truth.
 - b. Christ's love meant He became angry, but He did not sin.
 - c. Christ loved, therefore everything that came out of His mouth benefitted those who would receive what He said.
 - d. Christ loved, therefore He led a life of worship.
 - e. Christ loved, therefore He forgave.

CONCLUSION

If each loves as Christ loved, we will not have to worry about “irreconcilable differences.”