

BY PASTOR WALE AFELUMO



AVOID EXTREMES

SCRIPTURAL REFERENCE

I Thessalonians 5:23-24

ADDITIONAL STUDY

Genesis 2:1-3, Proverbs 11:1, & Ecclesiastes 7:16 -18 (NIV)

REFLECTION

Do you have any goals for living a balanced life?

Think through your daily routines, where are you lopsided when it comes to caring for your spirit, soul, and body?

What is the way forward for you as it regards balancing out your life?

Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. - **I Thessalonians 5:23**

Many people's lives are characterized by extremes, but it is an unnatural way of living because it goes against God's plans for us. Apostle Paul in his letter to the Thessalonians made it clear that God wants Christians to be fully preserved, fully sanctified and fully balanced in our spirits, souls, and bodies.

We must ensure that we are not so heavenly minded that we are of no earthly use; or be so earthly minded that we lose heavenly focus. For Christians who live on one extreme, every encounter in life has a spiritual connotation for them. While the others who live on the other extreme perceive things carnally; for them, everything should be empirical.

However, a balance Christian is someone who lives with relevance on earth, but focused about heaven. Such Christians reason through the Word of God, pay attention to a social life, physical exercise, career, family, diet, emotional wellbeing, etc. To live as a balanced Christian therefore, you must make your spirit the foundation that carries other areas of your life because primarily you are a spirit man who possesses a soul and lives in a body. You must constantly renew your mind – your soulish realm, and take good care of your body.

Our lives should attract non-believers if we make the right investments and live each segment in proportionate measure. A life lived with total life prosperity where nothing is missing or broken. It means having faith in your heart, success in your business, peace in your marriage, health in your body, excellence in your career, etc. This is God's desire for us and this is how we should live (3 John 2).

By all means avoid living in extremes to escape a life that is marked by boredom and complaint. See living a balanced life like building a tower that Jesus talked about in Luke 4:28-30. So much thought and planning goes into building a strong tower. In the same way, you must think through, make sacrifices, be calculative, and deliberate about living a balanced life. When you do, you will live a more fulfilled and richer life; leaving footprints on earth that cannot be forgotten.

CONTACTS

PHONE: +234 9082222222
EMAIL: INFO@INSPIRED2GO.ORG

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