

# Knowing Jesus Gives My Life Balance\*

By Kay Meyer



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\*This study is an excerpt from the LWML Bible study, *Balance: Christ Filled Living*. See Shop LWML (page 24) #LWML20441 \$4

**Opening Mixer:** Our purses or wallets tell secrets. Find a partner and spend 3 to 5 minutes discussing one of the following: look for something in your purse or wallet you can share that makes you laugh or gives you great joy; or makes you angry, anxious, afraid, or puts your life out of balance; or shares your faith in Christ.

**Opening Prayer:** "Forgive our sins as we forgive; You taught us, Lord, to pray; But You alone can grant us grace To live the words we say." Amen. (LSB #843, verse 1)

## Baptized and Growing Spiritually

Many of us were baptized as infants and were brought to the waters of Baptism by our parents or grandparents. Most of us don't remember our Baptism. Thankfully, God does remember!

Read these verses and discuss the following questions: **Acts 2:38-39; Romans 6:3-4; Colossians 2:11-12; 1 Peter 3:21.**

What happens at our Baptism? \_\_\_\_\_

Are these God's actions or ours? \_\_\_\_\_

Who is the promise for? \_\_\_\_\_

How does knowing Jesus as our Savior and Lord give life balance? \_\_\_\_\_

As we grew up, many of our parents and grandparents took us to church, Sunday School, and Vacation Bible School. As youth most of us took instruction at our congregation and were confirmed in the faith. During these years we learned more about God's Word and what it means to have faith in Jesus Christ.

## Discuss

When did you come to know Christ as your Savior and Lord? \_\_\_\_\_

Why do we need a Savior? See **Romans 3:23** and **1 John 1:8-10**. \_\_\_\_\_

Who is Jesus in **Luke 1:31-33; Luke 2:10-11; John 1:1; Colossians 2:9**? \_\_\_\_\_

What has He done for us? Read **Isaiah 53:5** and **1 John 5:20**. \_\_\_\_\_

Read **Ephesians 2:8-10**. Why do you think so many women think they have to do something to be saved? How can believing this put life out of balance? \_\_\_\_\_

Although we don't do good works to earn God's favor or forgiveness, He has prepared good works for us to do in advance. How does this fit into our Christian walk? \_\_\_\_\_

## Balanced and Content

Why is it that some women are content, while others never seem to be satisfied? \_\_\_\_\_

One important aspect is recognizing that a balanced life does not mean we are perfect or have a perfect life. It means learning to manage the physical, emotional, social, intellectual, and spiritual needs of yourself and your family. This is quite a task for any woman — in fact, impossible. We will sin and fail at times to have a balanced life.

Women content with life learn to be prepared for traffic jams, computer problems, and family challenges. Many issues of life will cause imbalance, including: a car accident, the illness or death of a loved one, the adult child you love who is turning his or her back on the Christian faith, the rebellion of your child, depression, or discovering your beloved child or grandchild has gotten involved with or addicted to alcohol or drugs.

## Discuss

Do you agree it is possible to have a balanced life? Why or why not? \_\_\_\_\_

How does the perfection infection (thinking you have to be perfect as a woman, wife, or mother) cause problems in your life? \_\_\_\_\_

What do you do when you are stressed out or in a difficult situation? \_\_\_\_\_

Share with the women in your group a time when your faith and life were tested. \_\_\_\_\_

What can you do to have a more balanced life? \_\_\_\_\_

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A woman with a balanced life is at peace. She feels secure in the Lord. She allows the Lord to control all aspects of her life. As I began to write this study, I asked women of all ages what they struggled with most to keep a positive balance in their lives. Time management came up again and again. How do you manage your time? What suggestions might you offer others? \_\_\_\_\_

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## Mary's Life Not Always in Balance

Often the Bible only gives us the facts about a situation. It doesn't tell us about the emotions that an individual has experienced. Although not discussed in the following Bible story, imagine what types of emotions the parents experienced when they discovered their twelve-year-old son had been left behind in Jerusalem. Read **Luke 2:41–46a**.

## Betty's Prayer Request

The weekly Family Shield radio program had just ended when the office manager said, "Kay, you have a call." "Hello, Mrs. Meyer, are we off the air?" "Yes."

"Good. You talked today about prayer. I really need your prayers. Would you pray for me and my husband?"

Then this woman shared her story with me. Some months before, she learned that her husband had been involved in a long-term affair. She was understandably hurt, angry, and upset.

"Mrs. Meyer, he was my best friend! I feel so betrayed! I don't know what to do or where to go for help. I just can't seem to get over the hurt," she uttered.

She wanted to learn how to forgive him and rebuild their shaky relationship. As we talked, I learned she and her husband had

## Discuss

Why do you think Joseph and Mary didn't realize Jesus was missing from the caravan? \_\_\_\_\_

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How long was it before they discovered he was missing? \_\_\_\_\_

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How much longer was it before they found him in the temple? \_\_\_\_\_

What emotions do you think Mary and Joseph experienced during these days? \_\_\_\_\_

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How would you feel if your 12-year-old son or daughter were left behind by accident in a large city like Chicago or St. Louis for three days? \_\_\_\_\_

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Have you ever forgotten one of your children? What happened? How did you feel? What emotions did you experience? \_\_\_\_\_

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When you are worried, anxious, or upset, what do you do? What does God want you to do? \_\_\_\_\_

There were other times when Mary's life was out of balance. What were other challenges she experienced? \_\_\_\_\_

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not attended church for years. I couldn't help but ask, "If you never go to church, why are you listening to a Christian radio program?" She responded, "Because I need help, and I thought you might be able to offer some answers and help."

What an open door for the message of God's love through Christ. Toward the end of the conversation I shared the Gospel and prayed with her. Later we referred her to a Christian counselor and to a congregation near her home. The last time we spoke she and her husband were still married, in counseling, and attending church together. Situations like this often seem impossible to you and me, but God performs miracles every day. He is in the business of restoring broken relationships! After all, isn't that what He sent His Son into the world to do?

**Closing Prayer:** Father, thank You for sending Your Son, Jesus Christ, to be my Savior and Lord. Forgive me when I sin against You and others. Continue to give my life balance as I trust in You. In Jesus' name. Amen.

**Closing Hymn:** Sing or say together "The Will of God is Always Best" (LSB #758; LW #425; TLH #517).

