



BALANCING ACT

Devotion

So, whether you eat or drink, or whatever you do, do all to the glory of God (1 Corinthians 10:31).

An email arrives. "Can you bring cookies or other nibbles to the coffee hour next Sunday?"

A text message dings. "Could you help out by taking my son to soccer practice? I have a dentist appointment."

The phone rings. "We need volunteers to canvass your neighborhood sometime in the next two weeks. We need donations for the homeless shelter."

Your calendar is already full. After all, you do have your own husband and children (or grandchildren) to take care of. It's your turn to lead this week's women's Bible study. You've promised a good friend to help her pick out new furniture for her den. Your family wants to see that new movie this weekend. Then there's your own appointment to get that needed haircut. What's more, you promised yourself that you would go for a walk at least every other day!

How can you manage all of this? After all, there is not a single item on that list that is wrong or wasteful. Can you make more hours or more days to accomplish it all? Of course not! God gives each of us 24 hours each day and seven days each week. How then can you balance all that is required?

Take a deep breath. Ask for God to fill you with calmness and peace. Recall Psalm 37:7a, *Be still before the LORD and wait patiently for him.*

Ask yourself if you have taken the time to be quiet before Him. Have you read and meditated on His Word? Have you talked to God about your choices, your time, and your activities? The Holy Spirit leads us to make our top priority time in God's Word and in prayer. The guidance God graciously gives us through His Word helps us to balance our busy lives so that we might live according to His will. God promises us that *we can do all things through him [Christ] who strengthens us* (Philippians 4:13).

Let your decisions, your priorities, your yes and your no be guided by God's will for you. May all that we do bring glory to God.

Closing Prayer: Dear Father, thank You for caring for all Your children. We are thankful that our lives are filled with family, friends, and opportunities and that the skills given by You are needed by others as we serve them in love. Give us Your guidance as we prioritize our time. Give us the wisdom to seek Your will in all that we do. We ask this in the name of Jesus, our Savior. Amen.

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Published by Lutheran Women's Missionary League, 2019