

A Balancing Act of Love

by Teresa Glenn

Balance! What is that and how do I get it? This sometimes feels like a never-ending dilemma. There is often a need for us, as women, to multi-task in our roles as a wife, mother, friend, cook, teacher, co-worker, nurse, manager, etc. GOD is where we find the answer and He gives us the secrets of a balanced life within His Word. Therefore, finding time to balance our daily lives with some spiritual meditation, study and prayer is the first must-do.

From the beginning GOD gave us balance in the home. He set man as the head of the family and the woman was put in a very honored place by his side. As we read Genesis 2 we realize that woman is the only thing that was missing when GOD surveyed His wonderful creation. "And the LORD GOD said, It is not good that the man should be alone:" Then He solved the problem, "...I will make him an help meet for him...And the rib, which the LORD GOD had taken from man, made He a woman, and brought her unto the man." GOD completed the creation of the world with a gift to man - He created us ladies. We learn in Ephesians 5 that while wives are to submit to their husbands (v. 22), there is a perfect balance, because husbands are commanded to love and respect their wives as CHRIST loved the church (v. 24). Paul goes on to tell us that husbands are to love their wives, to nourish and cherish them, as they would their own bodies (v.28-29). With that kind of mutual love and respect, how can a relationship be anything but balanced?

This is often not a popular idea in the world today, but we cannot allow the world to tell us what is right and wrong. Are we so much wiser than our Creator? Does following the world's ideas of balance give us more peace and happiness?

The balance we need in our lives is gained by following the plan GOD laid out for us. Without GOD there is no true balance. We must realize that being determined to "control" everything and everyone in our lives is not going to gain that balance. We must first trust our Creator and give Him the control. Second, talk to our Creator daily about how to regain the balance we need. Third, study to know what His plans are for us. Then we must apply the things we have learned. This may require some adjustment to our thinking and to our actions. But we have the best Help possible if we will only do it His way! Read 2 Chronicles 16:9.

Go ahead, trust – pray – study – obey – gain balance! Have a fantastically balanced week!!