

THE CHRISTIAN LIFE IN QUAD

Developing a Balanced Life – Introduction

Introduction:

How many times have each of us committed ourselves to be more Christ like at a camp, during a church service, in midst of a crisis, in our quiet time at home, or on New Years Eve?

Why do we so often fail to follow through, fail to continue to run the race, fail to keep our promise to God and to ourselves? The answer is simple. An emotional experience, no matter how gut wrenching or exhilarating, is not what it takes to live a balanced Christian life.

Maturing in the Christian life, like maturing in the natural life, is a process. Being like Christ does not come with a magic zapping. Instead we ***grow up*** to be like Christ.

Maturing is a process not an event.

God makes it clear in Scripture that He wants us to grow up, to mature, to be perfect, ***to be like Christ***. Therefore, its not so much "What would Jesus do?" as "What is Jesus like?"

As we look at the perfect God/Man, Jesus, we can observe His life and His development. He was a young man when He traveled with His family to Jerusalem for Passover. When they were all returning home He turned up missing. You remember, they found Him in the Temple discussing important issues with the teachers. He obediently returned with them and Mary tried to figure out in her mind and heart what was going on.

Skipping over the next several years, Like picked up the story in Luke 2:52:

"And Jesus kept increasing in wisdom and stature, and in favor with God and men."

Jesus, our example, the only perfect person who ever lived developed in four distinct areas of life:

1. In wisdom--***MENTALLY***
2. In stature--***PHYSICALLY***
3. In favor with God--***SPIRITUALLY***
4. In favor with men--***SOCIALLY***

The Bible references these four areas of Christian living often. One of the most familiar passages is Romans 12:1 and 2:

"I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, {which is} your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect."

See the four areas?

1. MENTAL--*"be transformed by the renewing of your mind"*
2. PHYSICAL--*"present your bodies a living and holy sacrifice"*
3. SPIRITUAL--*"that you may prove what the will of God is, that which is good and acceptable and perfect"*
4. SOCIAL--*"do not be conformed to this world"*

In a balanced Christian life God works to do His will:

1. As He controls your mind you understand His Word and His will.
2. As He controls your daily habits He optimizes your work and service.
3. As He controls your spiritual development He sensitizes and purifies.
4. As He controls your relationships He gives you outreach and impact.

G. Campbell Morgan put it this way,

"A 'Christo-centric' man is a man in whom Christ is enthroned at the center of the personality, not as a sentiment, but as a person; not as an ideal without, but as a dynamic at work within."

In the Campus Crusade for Christ's evangelistic booklet *"The Four Spiritual Laws"* Bill Bright pictures our life as a circle with a throne in its center. Even after we believe we often tend to keep placing ourselves on that throne, taking control of what we think and do. We tend to put Christ into a less important and intrusive part of our lives.

The whole purpose of the drawing is to encourage us to take ourselves off and put Christ on the throne *and leave Him there*. In other words, to make Jesus the **LORD** of our life.

We need to enthrone God at the center of our mental, physical, spiritual, and social lives.

AREAS OF STUDY WITH KEY VERSES:

1. MENTAL--Ephesians 4:23

"... be renewed in the spirit of your mind,..."

2. PHYSICAL--I Corinthians 3:16

"Do you not know that you are a temple of God, and {that} the Spirit of God dwells in you?"

3. SPIRITUAL--II Peter 3:18

"... grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him {be} the glory, both now and to the day of eternity."

4. SOCIAL--Philippians 2:3 -5

"Do nothing from selfishness or empty conceit, but with humility of mind let each of you regard one another as more important than himself; do not {merely} look out for your own personal interests, but also for the interests of others.

Have this attitude in yourselves which was also in Christ Jesus, ..."