

### **An Agent of Change 3**

We have considered the 1<sup>st</sup> and 2<sup>nd</sup> essential disciplines required for success.  
We've acknowledged the four admonitions Paul laid out for success.

This Morning lets go straight to where the rubber hits the road!

#### **I. GOD WANTS US TO LIVE BALANCED LIVES**

Most of us tend to work on our public lives and let our private lives slide.

As a result, for many, their private lives are underdeveloped and unbalanced.

We all recognize the symptoms of unbalanced tires.

Tires blow out but people burn out because of imbalance!

#### **Luke 2:52**

Jesus is a perfect picture of balanced humanity.

#### **II. FIVE AREAS OF OUR LIVES WE NEED TO KEEP IN BALANCE**

##### **1. We Need To Have Mental Balance.   **Romans 12:2****

let God transform you into a new person by changing the way you think

When you fill your mind with truth, you will find freedom in your lifestyle.

##### **2. We Need To Have Physical Balance.   **1 Corinthians 6:19-20****

When we don't take care of our bodies, it affects everything else.

##### **3. We Need To Have Spiritual Balance.   **2 Peter 3:18****

We must grow in grace and in the knowledge of Jesus Christ.

##### **4. We Need To Have Emotional Balance.   **Galatians 5:22-23****

These nine qualities are the qualities of emotional stability.

##### **5. We Need To Have Social Balance.   **Romans 12:16****

If you have people that you're at odds with, life is unbalanced.

#### **III. BE AN AGENT OF CHANGE**

##### **1. Take an Inventory.   **Proverbs 14:8; Proverbs 14:15****

Ask yourself, "Where am I in balance? Where am I out of balance?"

Have a Check-up from the neck up!

##### **2. Write Down A Plan Of Action   **Ephesians 5:15-17****

Balance does not come by accident. You've got to work at it. It's not automatic.

You need to plan and set goals and say specifically what you're going to do.

##### **3. Make Christ The Center Of Your Life   **Colossians 1:16, 17****

When you put Christ in the center of your life, the Holy Spirit brings balance.

It's time to change the trajectory of your life!

It's time to stop chasing empty promises.

It's time to focus on what matters!

The bottom line in finding balance--

Jesus Christ wants to be the center of your life.

You can start over; you can have a new beginning.

We've acknowledged

Becoming an Agent of Change is a matter of choice,

Your Choice!

Choose to be an Agent of Change – not a Victim.