

***BALANCING LIFE***  
***Ecclesiastes 3:1-8***

**Woodland Park Church of Christ**  
**4 February 2018**

For purposes of this sermon,  
Solomon's guidance in  
**Ecclesiastes 3:1–8** is twofold:

1. there is a season (time) for all things;
  2. all life's experiences (welcomed & unwelcomed) take their turn and have their place in the course of human affairs.
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# I. TIME & SEASON FOR ALL THINGS

- ▶ Often, we are so busy that we are challenged to accomplish all we set out to do.
- ▶ We all have many things that compete for our time.
- ▶ We look at others from time to time and wonder how they get it all done.
  - **All have the same 24-7.**

# Competing Interests

## ▶ **Work of the church**

- But seek first the kingdom of God and His righteousness, and all these things will be added to you. Matthew 6:33
- Evangelism – Matthew 28:18–20

## ▶ **Family:** Ephesians 5:25–27, 6:4

## ▶ **Employment:** II Thess. 3:10; I Timothy 5:8

## ▶ **Self improvement:** Proverbs 13:4

## ▶ **Reflection and Rejuvenation** (“recharge our battery”) – The Lord often withdrew to lonely places and prayed (consulted God). See Luke 5:16

Our children too often have to balance various demands and competing interests

- Church
  - Bible Bowl
  - YSA and other activities
- School (some even have honors and AP classes)
- Athletics and other activities that make for developing well-rounded, well-adjusted adults

- ▶ Sometimes it seems like we simply cannot get it all in!
  - ▶ Solomon reminds us that *to every thing there is a season, a time for every purpose under heaven.*
  - ▶ But it requires balance!!!!
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Many times we spend too much time on one or two things and not on other important matters.

- Spiritual vs. secular pursuits (education, work, recreation)
- Work / life balance, especially with fathers. **See Ephesians 6:4**
- Socializing vs. task-driven

**So, how can we achieve balance?**

# 1. Remain Focused on Current Task

- ▶ Have to ask ourselves –
  - Why am I here?
  - What's the purpose or mission?
- ▶ Then –
  - Avoid diversions and distractions

One of the things I miss least about corporate America –

## **MEETINGS!!!**

Spent inordinate (excessive) amounts of time meeting because attendees got off track and drifted into areas that had nothing to do with the purpose of the meeting.



In our book of study for married persons, *I Love You and I Like You*, the authors suggest that we remove junk activities from our lives to successfully balance life's demands.

- ▶ Like junk food can wreck diets and good health, so can junk activities frustrate purposes and keep us from accomplishing our mission!

- Not all “junk activities” are necessarily evil, immoral or unethical.
- Rather, with what I’m trying to accomplish, they simply get in the way. (Friends, ill-timed tasks. . .)

*Therefore we also, since we are surrounded by so great a cloud of witnesses, let us **lay aside every weight**, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us. Hebrews 12:1*

## 2. LIVE IN THE MOMENT

Too many times we become too preoccupied about what we have to do that we do not perform the current task well.

Overly concerned about and stress over tomorrow that we let opportunities of today slip by.



*Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.* Matthew 6:34



# BALANCE CHECK

- ▶ Live in the moment, but we prepare for tomorrow.
- ▶ But we don't get caught up in perpetual preparation that we fail to see and appreciate God's goodness and grace today!
- ▶ *This is the day that the Lord (God) has made; we will (should) rejoice and be glad in it!!* Psalm 118:24 (my emphasis)

### 3. ENGAGE EFFECTIVE TIME MANAGEMENT

- ▶ Take advantage of your time and opportunities to get work done.
  - ▶ Don't procrastinate
  - ▶ Avoid putting off for tomorrow what you know to and can do today
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- ▶ Take advantage of and make good use of the time that God gives now. Redeem (or make the most effective use of) your time, for the days are evil. Ephesians 5:16
  - ▶ Set aside or appropriate time for your activities and stick to it!
    - Sometimes we do not move when we could or should;
    - The tasks pile up;
    - Soon we are overwhelmed by the mountain of responsibility/obligations
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# FINAL WORD

- ▶ Seek God's guidance (Proverbs 3:6)
  - ▶ Plan your schedule (See Exodus 40:1–16)
  - ▶ Stay organized (I Corinthians 14:40)
  - ▶ Rely on God's wisdom
  - ▶ Eliminate the unimportant
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# Lord's Invitation Extended to All

- ▶ **Be added to the Lord's body**

Hear the gospel (Romans 10:17)

Believe (Acts 15:7, Hebrews 11:6)

Repent (Acts 2:38)

Confess (Matthew 10:32; Romans 10:10)

Be baptized for the remission of sin (Acts 2:38); or

# Lord's Invitation (cont'd)

- ▶ **Be reconciled unto the Lord (1 John 1:8–9); or**
- ▶ **Desire prayer (James 5:16).**

*May GOD'S richest blessings be yours!*