

FINDING BALANCE



Take Back Your Time

Are you tired of feeling overworked, overcommitted and overwhelmed? Me too! Not too long ago I learned something about Jesus that has helped me take back my time and find balance in my life. Join me this Sunday to find out more.

Five Time Stealers

- #1: The Need to Be Loved
- #2: The Need to Impress Others
- #3: The Need to Prove Yourself
- #4: The Need to Feel Accomplished
- #5: The Need to Escape

Mark 1:35-38: Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. ³⁶Simon and his companions went to look for him, ³⁷and when they found him, they exclaimed: "Everyone is looking for you!" ³⁸Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come."

Balance isn't about doing more; it's about doing what's most important.

Luke 5:16: But Jesus often withdrew to lonely places and prayed.

Matthew 6:33: "But seek first his kingdom and his righteousness, and all these things will be given to you as well."