

Recognizing Our Roadblocks to Healing: Finding Our Balance



1 Thessalonians 5:23

Now may the God of peace himself
sanctify you completely, and may
your whole spirit and soul and body
be kept blameless at the coming of
our Lord Jesus Christ.



GETTING OUR BALANCE BACK

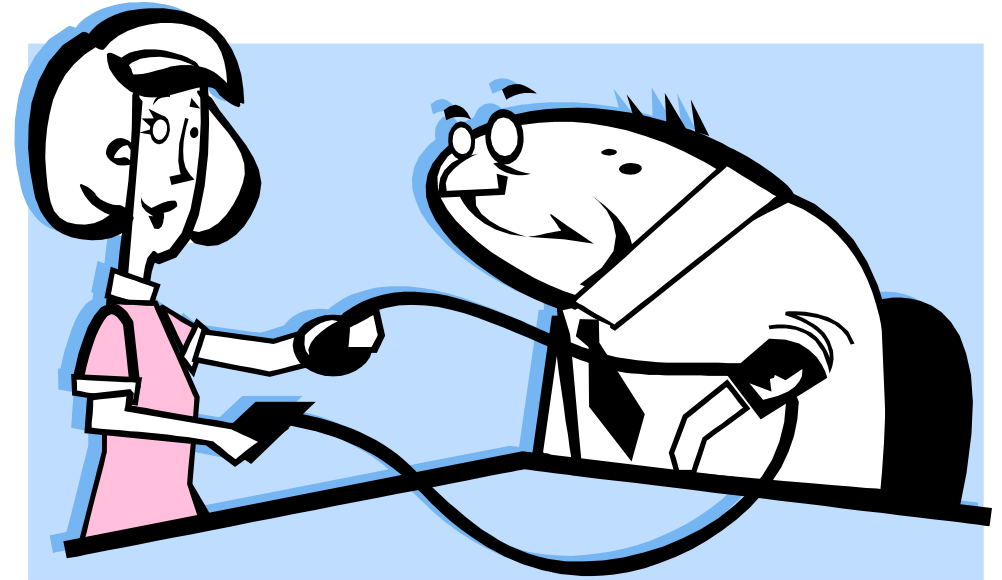
- **James 1:2–3 — 2** Dear brothers and sisters, when troubles come your way, consider it an opportunity for great joy. **3** For you know that when your faith is tested, your *endurance* has a chance to grow.
- **Romans 5:3–4 — 3** We can rejoice, too, when we run into problems and trials, for we know that they help us develop *endurance*. **4** And *endurance* develops strength of character, and character strengthens our confident hope of salvation.
 - *endurance n. — the power to withstand hardship or stress; especially the inward fortitude necessary.*



GETTING OUR BALANCE BACK

For example, if a person has high blood pressure, he/she may experience the following **symptoms**:

- Severe headache
- Fatigue or confusion
- Vision problems
- Chest pain
- Difficulty breathing
- Irregular heartbeat
- Blood in the urine
- Pounding in your chest, neck, or ears

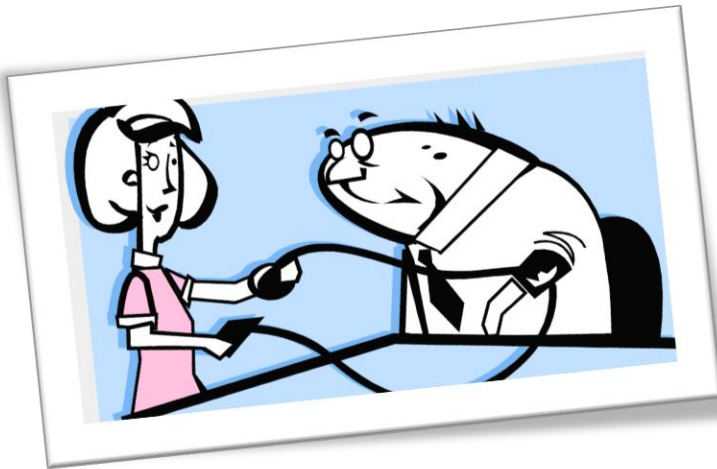


GETTING OUR BALANCE BACK

HOW WE OFTEN TREAT OUR SYMPTOMS

- Severe headache: **Pain Relievers**
- Fatigue or confusion: **Extra vitamins**
- Vision problems: **New eyeglasses**
- Chest pain: **Muscle relaxers**
- Difficulty breathing: **Inhalers**
- Irregular heartbeat: **Meds to adjust**
- Blood in the urine: **Antibiotic for infection**
- Pounding in your chest, neck, or ears: **Meds**

**WE OFTEN MEDICATE OURSELVES SO WE
DON'T FEEL THE SYMPTOMS & AVOID
DEALING WITH THE REAL ISSUE**



GETTING OUR BALANCE BACK



- **Proverbs 25:28 (NLT)** — A person without self-control is like a city with broken-down walls.
- **2 Timothy 1:7 (TPT)** — For God will never give you the spirit of fear, but the Holy Spirit who gives you mighty power, love, and self-control.
- **1 Peter 5:8 (AMP)** — Be well balanced (temperate, sober of mind), be vigilant and cautious at all times; for that enemy of yours, the devil, roams around like a lion roaring [in fierce hunger], seeking someone to seize upon and devour.



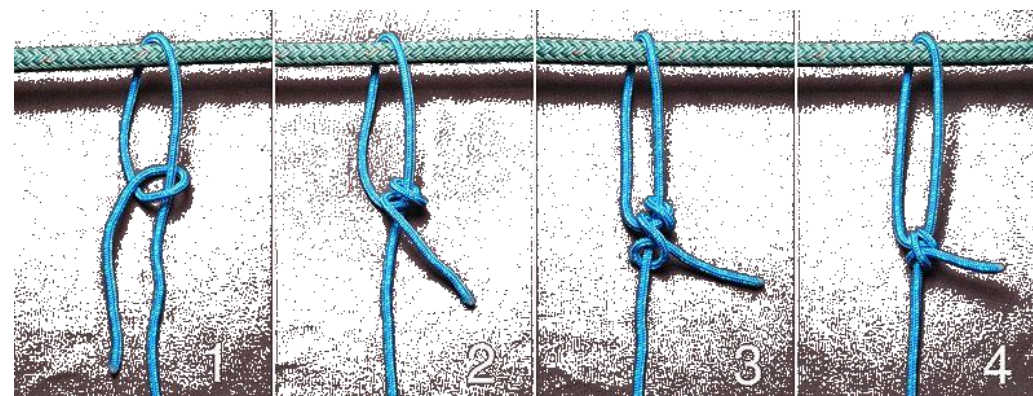
GETTING OUR BALANCE BACK

- **Matthew 6:33 — 33** But seek (aim at and strive after) first of all His kingdom and His righteousness (His way of doing and being right), and then all these things taken together will be given you besides.
- **Joshua 1:8** — This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.
 - *Prosperous: to be successful, to go over, to go through, to be powerful, victorious, of use*



GETTING OUR BALANCE BACK

- Many are still docked at the *Pier of Life* when the Lord is asking us to cut the rope and launch out into what He has made available for and to us.
- His plan is only for good, prosperity, hope, success and He is wanting us to experience His fullness. (Jer. 29:11; John 10:10; Joshua 1:8; Psalm 1:1-3)





P-I-E-R: GETTING OUR BALANCE BACK

1. PAST EXCHANGED FOR THE PRESENT: God didn't call us to live in the past but the present. Must let go of Past mistakes, failures, disappointments, failed dreams and live in the Present for Your Future. God is **I AM**, not **I WAS**
2. INSECURITY EXCHANGED FOR IDENTITY: Take on your God Identity and let go of all the self imposed and other imposed labels that make you inadequate. You are more than competent through God.
3. EXCUSES EXCHANGED FOR ENTHUSIASM: Quit making excuses and get excited about life. Discover what you are passionate about and do it!
4. REGRETS EXCHANGED FOR REJOICING: Quit moaning and start rejoicing. Rejoice over what you have learned from your mistakes and move on into your future



GETTING OUR BALANCE BACK

- **Jeremiah 6:16** — Thus says the LORD: “Stand by the roads, and look, and ask for the ancient paths, where the good way is; and walk in it, and find rest for your souls.
 - But they said, ‘We will not walk in it.’ **THE PENALTY:**
- **Jeremiah 18:15** — “Because My people have forgotten Me, They have burned incense to worthless idols. And they have caused themselves to stumble in their ways, From the ancient paths, To walk in pathways and not on a highway,



GETTING OUR BALANCE BACK

- **Matthew 7:13–14 — 13** “Enter by the narrow gate. For the gate is wide and the way is easy that leads to destruction, and those who enter by it are many. **14** For the gate is narrow and the way is hard that leads to life, and those who find it are few.
- **Matthew 7:13–14 — 13** “Don’t look for shortcuts to God. The market is flooded with surefire, easygoing formulas for a successful life that can be practiced in your spare time. Don’t fall for that stuff, even though crowds of people do. **14** The way to life—to God!—is vigorous and requires total attention.
(THE MESSAGE BIBLE)



GETTING OUR BALANCE BACK

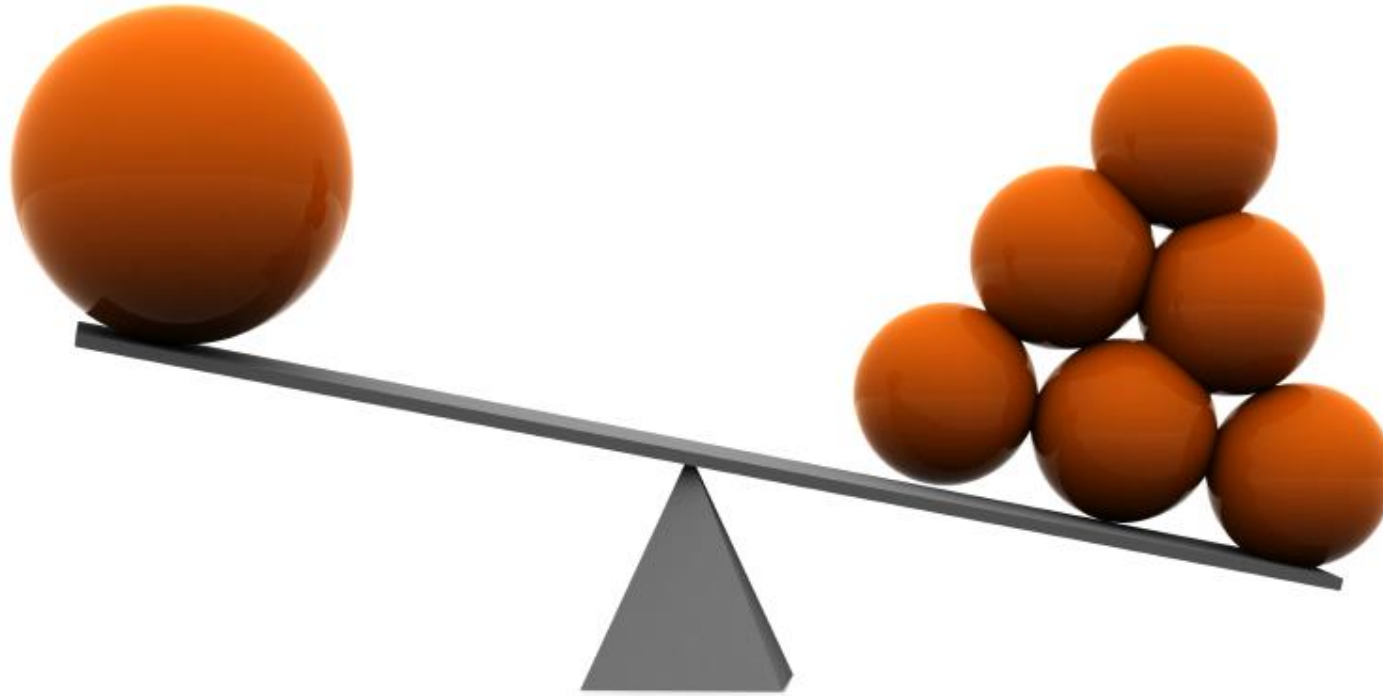
40 Day Challenge

March 22- April 30

Spirit, Soul, Body 1 Thessalonians 5:23

- **SPIRIT** : PROVERBS 4:23 KEEP AND GUARD YOUR HEART WITH ALL VIGILANCE AND ABOVE ALL THAT YOU GUARD, FOR OUT OF IT FLOW THE SPRINGS OF LIFE.
- **SOUL** : 3 JOHN 1:2 BELOVED, I PRAY THAT ALL MAY GO WELL WITH YOU AND THAT YOU MAY BE IN GOOD HEALTH, AS IT GOES WELL WITH YOUR SOUL.
- **BODY** : PROVERBS 18:9 ... AND HE WHO DOES NOT USE HIS ENDEAVORS TO HEAL HIMSELF IS BROTHER TO HIM WHO COMMITS SUICIDE.

IS THIS MY LIFE?



1 Thessalonians 5:23
(AMP) — 23 And may
the God of peace
Himself sanctify you
through and through
[separate you from
profane things, make
you pure and wholly
consecrated to God];
and may your spirit
and soul and body be
preserved sound and
complete [and found]
blameless at the
coming of our Lord
Jesus Christ (the
Messiah).