



## **Week Three: Balance – Study Guide**

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When you have a goal you're excited about, it's easy to let that excitement push you to overwork. What you perceive as eagerness and a good work ethic may actually be overkill. You'll go hard for a while, but without the proper balance of work and rest, you won't accomplish your goal.

### **Where Am I Today?**

- 1) Have you ever pushed yourself too hard in pursuit of a goal? What happened?

### **Into the Bible**

- 2) Jesus recognized the need for rhythms. He worked extremely hard, got a lot done, and took intentional time for rest and solitude.  
Read **Mark 6:30-46** to see this balance. How did He balance work and rest personally? How did He teach His disciples to do it as well?

## **JUMP START**

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- 3) An important part of balance is turning down some opportunities in order to focus on your assignment. In **John 6:14-15**, John concluded his rendition of Jesus feeding the 5,000. He included a detail that Mark omitted. What did the people want to do with Jesus? Why didn't He let them?

#### **How Does This Apply?**

- 4) No one has a perfect rhythm in his or her life. Everyone needs to either work harder or rest harder. Which one do you need to focus on right now? What is your first step?
- 5) What opportunities in your life are distracting you from your assignment? What do you need to do to get rid of that distraction?

#### **Prayer Focus**

As a church, we are praying together for several things this month:

- Pray that things come together so we can close on the Statesville Campus building this month.
- Pray for Cove teams going out across the country and world. Also, pray specifically for the thousands of Syrian refugees fleeing conflict.
- Pray for our students that the new school year provides great opportunities to live out their faith.

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#### Continue Learning on Your Own

- 6) It's easy to forget that Jesus lived His life on earth as a fully human man in the power of the Holy Spirit. He was fully God, but that's not how He operated in ministry. All of the gospel writers clearly wrote about His Spirit-filled life (Luke had the greatest emphasis). Practically, this means that Jesus is our example in every way. Not only did He live a life of obedience to God, holiness, and love for others—He did it by using the same power we are called to use for our everyday lives.

This also means that Jesus' rhythm of work, rest, solitude, and relationships can serve as an example to us. While most of us are not called to the specific life of itinerant preaching, He is our ultimate example of how to balance our lives.

How does viewing Jesus as a Spirit-filled man change your view of how He lived His life? How does that make Him more of an example?

Read: **Luke 4:1-2, 14-15, 17-19, 10:21; Philippians 2:4-8; 1 Timothy 1:15-17** and **Hebrews 4:15**.