

Good morning, Church. Daily Reading, John 11.

I think most would agree that living a balanced life is important. Balanced in areas of diet, finances, exercise, and scheduling, just to name a few.

The more I look around at our aging population, the more important balance seems to be. Some who lose their balance can fall, break a bone, and end up in a hospital, facing surgery. After that, they stay at a care facility, dealing with physical and occupational therapy. Then, when ready to be released from there, the discharge person makes sure there will be someone close by to assist the patient for a few more days or even weeks.

Being out of balance causes health issues, financial struggles, digestive complications, etc.

When God gave us the 10 Commandments, maybe that was His way of trying to keep us in balance, in our reverence and worship of Him and our relationship with those around us. Being out of balance spiritually also has its consequences.

Many know where to find the 10 Commandments given to Moses on Mt. Sinai in Exodus 20:1-17. But check out this list that Peter issues to help us stay balanced as well, found in 1 Peter 4:7-19.

1. Be Sober (7)
2. Be Prayerful (7)
3. Love one another (8)
4. Be hospitable (9)
5. Use your Spiritual Gifts (10-11)
6. Don't be surprised at difficulties (12)
7. Keep on rejoicing (13)
8. Do not be ashamed (15-16)
9. Glorify God (16-18)
10. Entrust yourself to God (19)

At times, our health can be related to a balanced life. I have seen some who have fallen and broken bones, never to recover, and have passed away due to complications from the fall. I think difficulties can happen when we are out of balance spiritually and the harm that is caused by not being in balance with God and others. Follow the commandment and stay balanced.