

## LESSON TEN

# **Eighth Encounter “The Bridge of Balance”**

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## “The Bridge of Balance”

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### *Foundational Scripture*

And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown.

1 Corinthians 9:25 (NKJV)

### **What Is Temperance?**

Two Definitions . . .

#### **A. “Temperance” Defined:**

“Moderation in action, thought or feeling; to restrain oneself.”

[Note: From the Latin word \_\_\_\_\_: “to moderate.”]

#### **B. “Moderate” Defined:**

“Avoiding extremes of behavior or expressions; to observe reasonable limits.”

### **The Balanced Life of a Praying Believer**

(Cultivating Balance: A Fourfold Process with Christ as Our Example)

**Scripture:**

And Jesus increased in wisdom and stature, and in favor with God and men.

Luke 2:52 (NKJV)

**Process One:** Cultivating \_\_\_\_\_ Balance

**Scripture:**

Ever since I first heard of your strong faith in the Lord Jesus and your love for God’s people everywhere, I have not stopped thanking God for you. I pray for you constantly, asking God, the glorious Father of our Lord Jesus Christ, to give you spiritual wisdom and insight so that you might grow in your knowledge of God.

Ephesians 1:15-17 (NLT)

- A. Pray \_\_\_\_\_.
- B. Read your Bible \_\_\_\_\_.
- C. Fellowship with believers \_\_\_\_\_.
- D. Give biblically and \_\_\_\_\_.

**Process Two:** Cultivating \_\_\_\_\_ Balance

**Scripture:**

Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

Romans 8:5-6 (NLT)

- A. \_\_\_\_\_ frequently (a book per month).
- B. \_\_\_\_\_ responsibly (hide your “remote”).
- C. \_\_\_\_\_ continually (reflect on your experiences).

**Process Three:** Cultivating \_\_\_\_\_ Balance**Scripture:**

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

1 Corinthians 6:19-20 (NIV)

- A. \_\_\_\_\_ healthily.
- B. \_\_\_\_\_ regularly.
- C. \_\_\_\_\_ sufficiently.

**Process Four:** Cultivating \_\_\_\_\_ Balance**Scripture:**

Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. Let us think of ways to motivate one another to acts of love and good works.

Hebrews 10:23-24 (NLT)

- A. \_\_\_\_\_ attentively.
- B. \_\_\_\_\_ wholeheartedly.
- C. \_\_\_\_\_ passionately.

