



Life Church Smyrna

Sunday, September 25, 2022 @ 10:00am
Pastor David Andreasen

Proverbs 28:2a “...a man of discernment and knowledge maintains order.” (TLV)

Spiritually Balanced

Brett and Kate McKay (*An Introduction to the Spiritual Disciplines*):
“Spiritual disciplines are habits, practices, and experiences designed to develop, grow, and strengthen certain qualities of spirit - to build the ‘muscles’ of one’s character and expand the breadth of one’s inner life.”

a) The Discipline Of Prayer

Proverbs 30:7-9 “There are two things, Lord, I want You to do for me before I die: Make me absolutely honest and don’t let me be too poor or too rich. Give me just what I need. If I have too much to eat, I might forget about You; if I don’t have enough, I might steal and disgrace Your Name.” (CEV)

Luke 22:42 “Father, if You are willing, please take this cup of suffering away from Me. Yet I want Your will to be done, not Mine.” (NLT)

John 14:13-14 ¹³“You can ask for anything in My name, and I will do it, so that the Son can bring glory to the Father. ¹⁴Yes, ask Me for anything in My name, and I will do it!” (NLT)

b) The Discipline Of Bible Study

Joshua 1:8 “This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe 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.” (NKJV)

Psalms 119:11 “Your Word I have hidden in my heart, that I might not sin against You.” (NKJV)

Message Notes // Balanced // Part 02



2 Timothy 3:16-17 ¹⁶“All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. ¹⁷God uses it to prepare and equip His people to do every good work.” (NLT)

c) The Discipline Of Attending Church

Psalms 122:1 “I was glad when they said to me, ‘Let us go to the house of the Lord.’” (NLT)

Hebrews 10:25 “Some people have gotten out of the habit of meeting for worship, but we must not do that. We should keep on encouraging each other, especially since you know that the day of the Lord’s coming is getting closer.” (CEV)

d) The Discipline Of Trusting God

Proverbs 3:5-6 ⁵“Trust in the Lord with all your heart, and lean not on your own understanding; ⁶In all your ways acknowledge Him, and He shall direct your paths.” (NKJV)

James 4:13-15 ¹³“Look here, you who say, ‘Today or tomorrow we are going to a certain town and will stay there a year. We will do business there and make a profit.’ ¹⁴How do you know what your life will be like tomorrow? Your life is like the morning fog - it’s here a little while, then it’s gone. ¹⁵What you ought to say is, ‘If the Lord wants us to, we will live and do this or that.’” (NLT)

The big idea: God wants you to live a balanced life!



Loving God! Loving People! Loving Life!