



BLOOD OF JESUS PRAYER AND DELIVERANCE MINISTRIES

102 E. Kelso Street, Inglewood, CA 90301

"HOW TO LIVE A BALANCED LIFE"

Standards to Build Your Life Upon

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FIVE BIBLICAL PRINCIPLES OF BALANCE

1. I must build my life **Around Jesus Christ**

Matthew 6:33 (NIV): *"But seek first his kingdom and his righteousness, and all these things will be given to you as well."*

Matthew 22:37-39 (NIV): *Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'"*

2. I need to **Accept that I am human**

Ecclesiastes 10:15 (NCV): *"Work wears fools out; they don't even know how to get home."*

2 Corinthians 4:7 (NCV): *"We have this treasure from God, but we are like clay jars that hold the treasure. This shows that the great power is from God, not from us."*

3. I have to **Limit my Labor**

Exodus 20:9-10 (GN): *"You have six days in which to do your work, but the seventh day is to be a day of rest dedicated to Me."*

What should I do on my day off?

- I rest **My Body**
- I recharge **My Emotion**
- I refocus **My Spirit**

4. I must commit **My Daily Time to God**

Psalm 31:15a (NIV): *"My times are in Your hands..."*

5. I must learn to **Enjoy the Moment**

Proverbs 14:30a (TLB): *"A relaxed attitude lengthens a man's life..."*

Ecclesiastes 3:12-13 (TLB): *"So I conclude that, first, there is nothing better for a man than to be happy and to enjoy himself as long as he can; and second, that he should eat and drink and enjoy the fruits of his labors, for these are gifts from God."*

Matthew 11:28-30 (NIV): *"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*