

The Key to a Balanced Life

“Seek first God’s kingdom and what God wants. Then all your other needs will be met as well” (Matthew 6:33 NCV).

If you want to live a truly balanced life, you can only look at one person in all of history as a model: Jesus. If you put him at the center of your life, your life will be more balanced.

Think of your life like a wheel. The center of the wheel is a hub. All of the spokes of your life (which represent your relationships, your family, your career, your goals, etc.) come from that hub. We all build our lives around some sort of hub. The question is, what will be your hub? Will it be your family? Will it be your career? Will it be money? Or will it be Jesus?

How do you know what you’re building your life around? Take a look at whatever you think about the most. That’s what is driving you. For many financial securities drives them. For others physical appearance or status quo drives them. It may be family or organizational affiliations that drive one.

The center of your life is critical to developing a balanced life. A solid center leads to a solid life. A frail, flimsy center leads to a weak life. When I hear people tell me that their lives are coming unglued, it usually means one thing: They have a faulty center. Something other than God has taken priority in their lives.

Not only does the hub create stability, but it also controls and influences everything else about your life. Whatever you put at the center of your life will also be your source of power. The power of a wheel always emanates from the center outward — never the other way around.

Make Jesus the center of your life, and he’ll provide the stability, control, and power you need for your life. The Bible says, *“Seek first God’s kingdom and what God wants. Then all your other needs will be met as well”* (Matthew 6:33 NCV). Jesus ought only be first, but He is the center of life. Put Him in the center of your life. Let Him direct your life, influence it, empower it, and give it stability. Do that, and all the other areas of your life — from your family to your career to your goals — will find balance in Jesus.

Dear Lord, Life has enough challenges to deal with. As I navigate them please keep me mindful of your place in the mist of it all. Forgive me for misplace priorities. You are the center of my life, joy and hope. Order my steps in your way. In Jesus’ name. Amen.

