




Sanity for Life's Demands:
When to Say "Yes" and When to Say "No"

Week 3 | 03.23.11 (AM) | 03.28.11 (PM)



Make a list of those things
that only YOU can take care of
or only YOU can be.

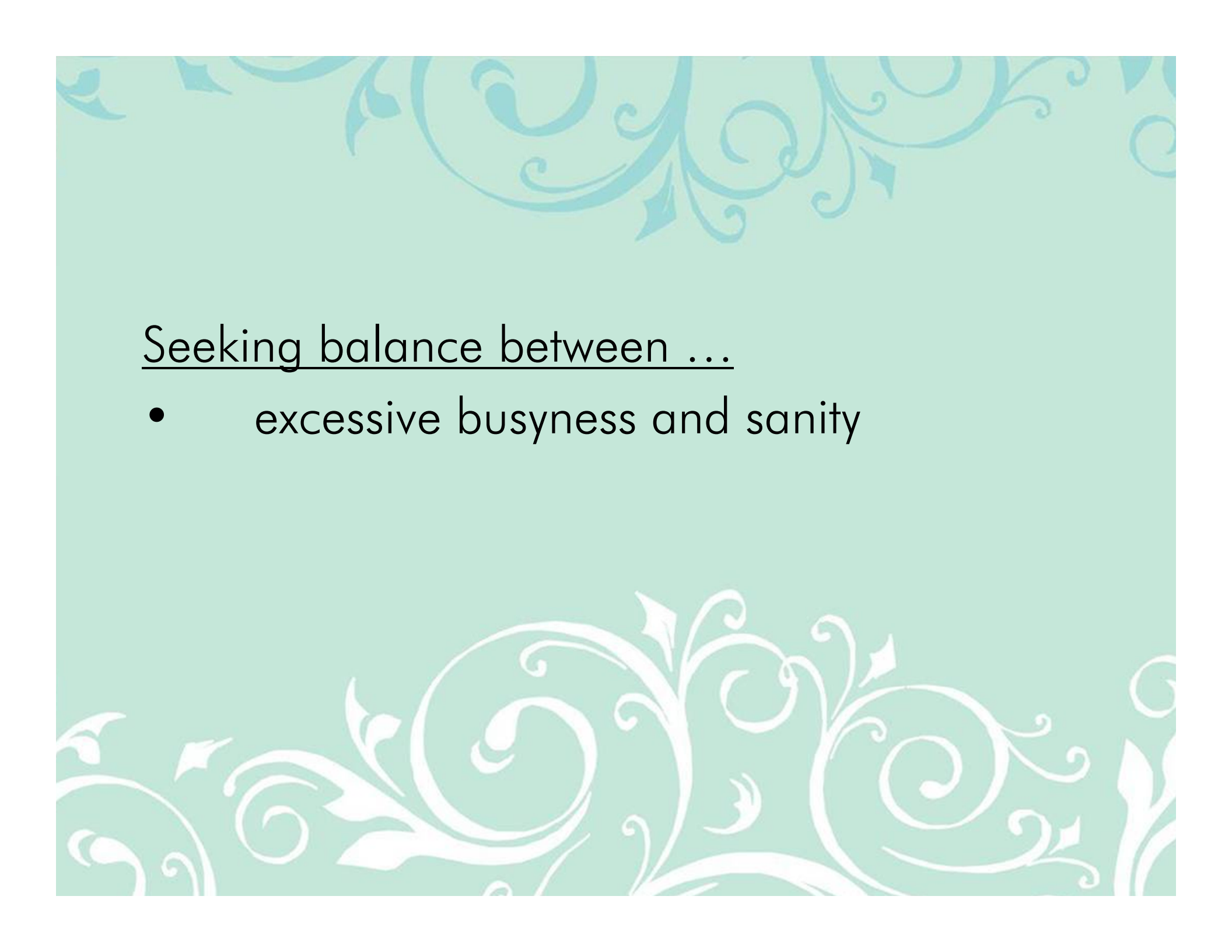


This is your list of **PRIORITIES**.

Synonyms for the word priority:
emphasis, importance, precedence, leads

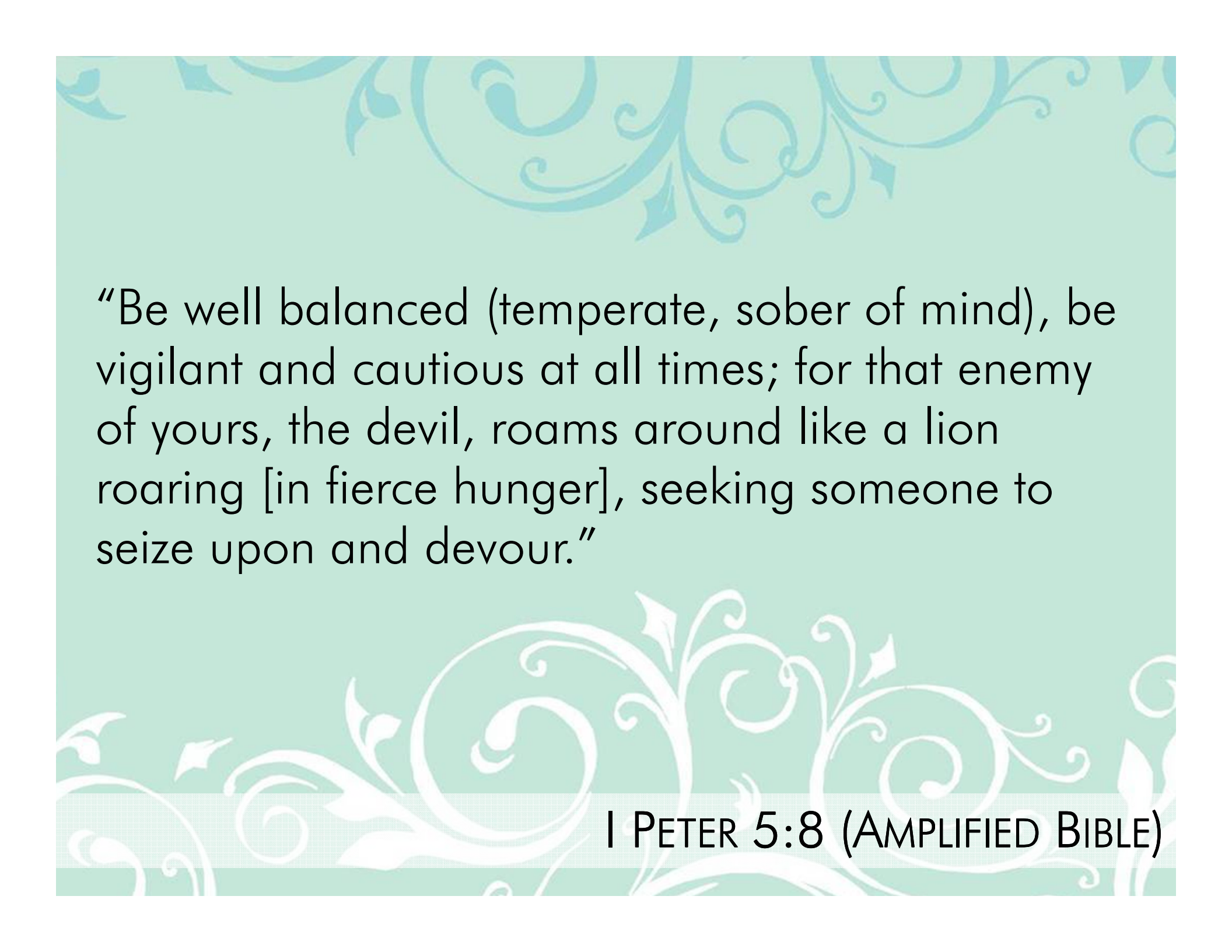
Seeking balance between ...

- fear and faith
- greed and contentment
- work and home
- work and play
- friends and family
- dieting or junk food and healthy eating
- truth and grace
- who we SAY we are and
who we REALLY are



Seeking balance between ...

- excessive busyness and sanity



“Be well balanced (temperate, sober of mind), be vigilant and cautious at all times; for that enemy of yours, the devil, roams around like a lion roaring [in fierce hunger], seeking someone to seize upon and devour.”

1 PETER 5:8 (AMPLIFIED BIBLE)



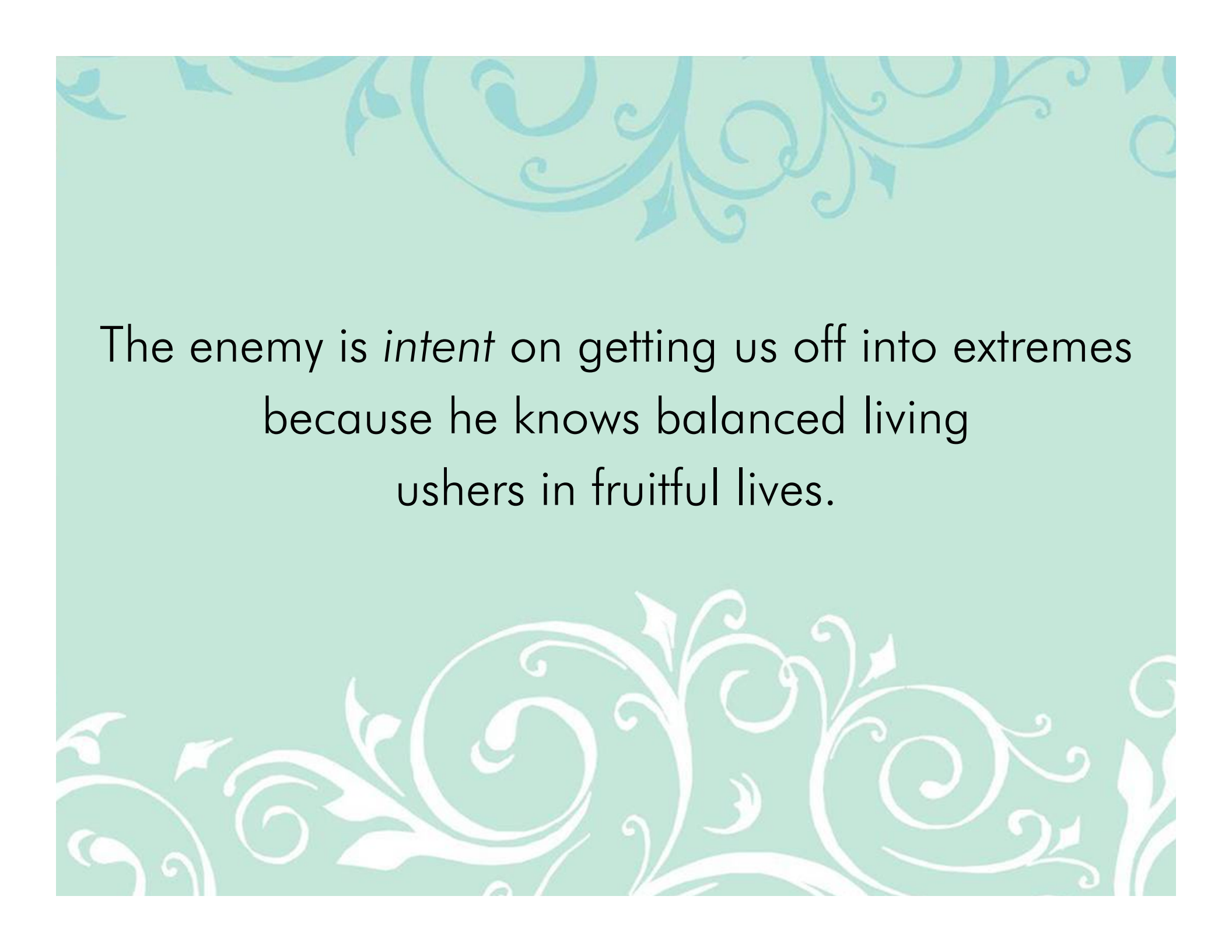
Greek word for **sober** =
calm and collected in spirit




Greek synonym for **devour** = *overwhelmed*

“I the LORD do not change.
So you ... are not destroyed.”

MALACHI 3:6

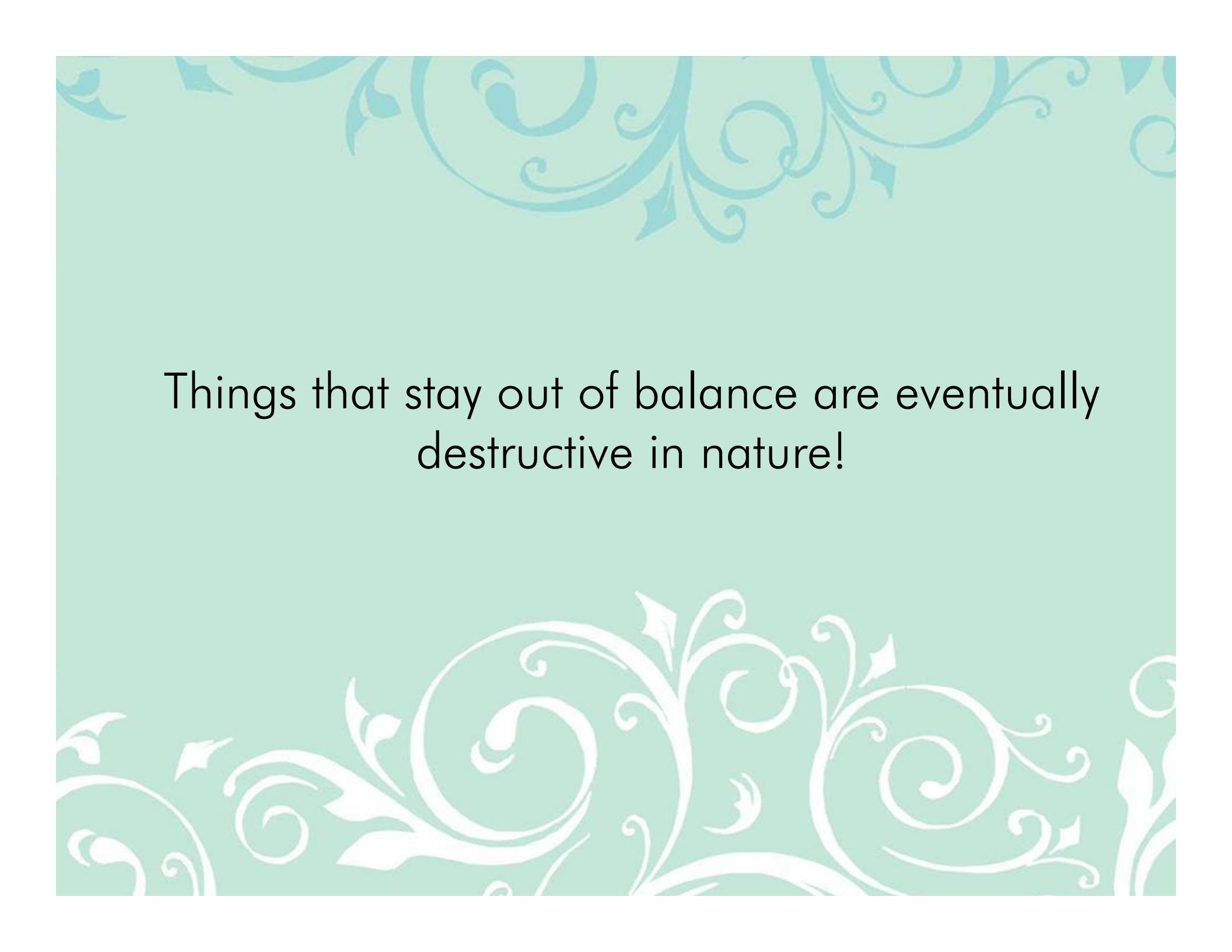


The enemy is *intent* on getting us off into extremes
because he knows balanced living
ushers in fruitful lives.

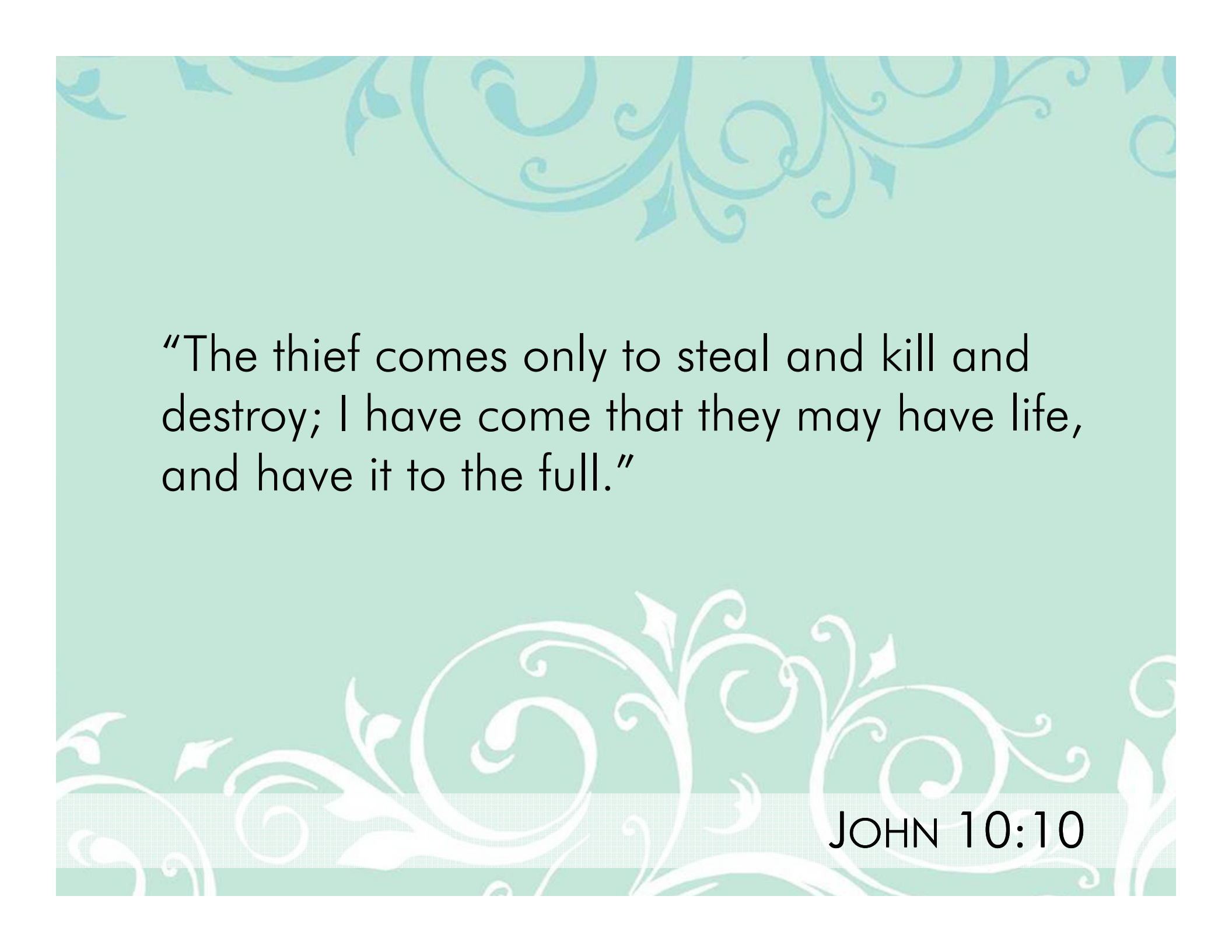
- 
- Discipline
 - Nature earthquakes
 - Health
 - Love or Sex
 - Religion/Legalism

Anything out of balance potentially brings

- Pain
- Sickness
- Dysfunction
- Strife
- Heartache
- Addictions
- Etc.



Things that stay out of balance are eventually
destructive in nature!



“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

JOHN 10:10

The enemy's priority is to kill, steal and destroy us any way he can.

He seeks to destroy

- GRACE in our church, and beyond
- PEACE in our family
- JOY in our relationships
- VICTORY in our relationship with Jesus
- CONTENTMENT in our circumstances



“Leave no room or foothold for the devil,
give no opportunity to him.”

EPHESIANS 4:27

Greek meaning of **foothold** =

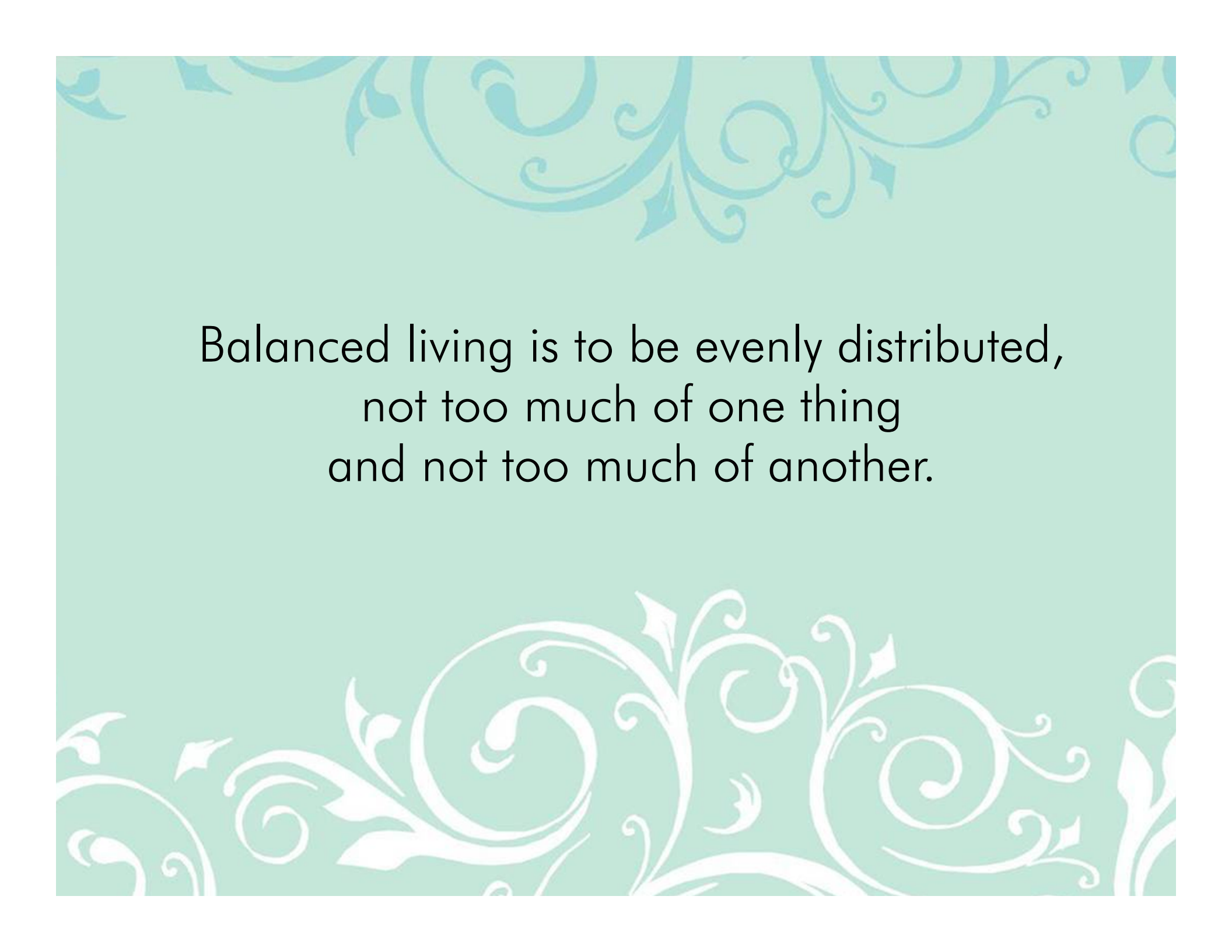
a place, a portion, a space marked off

Webster's definition for foothold =

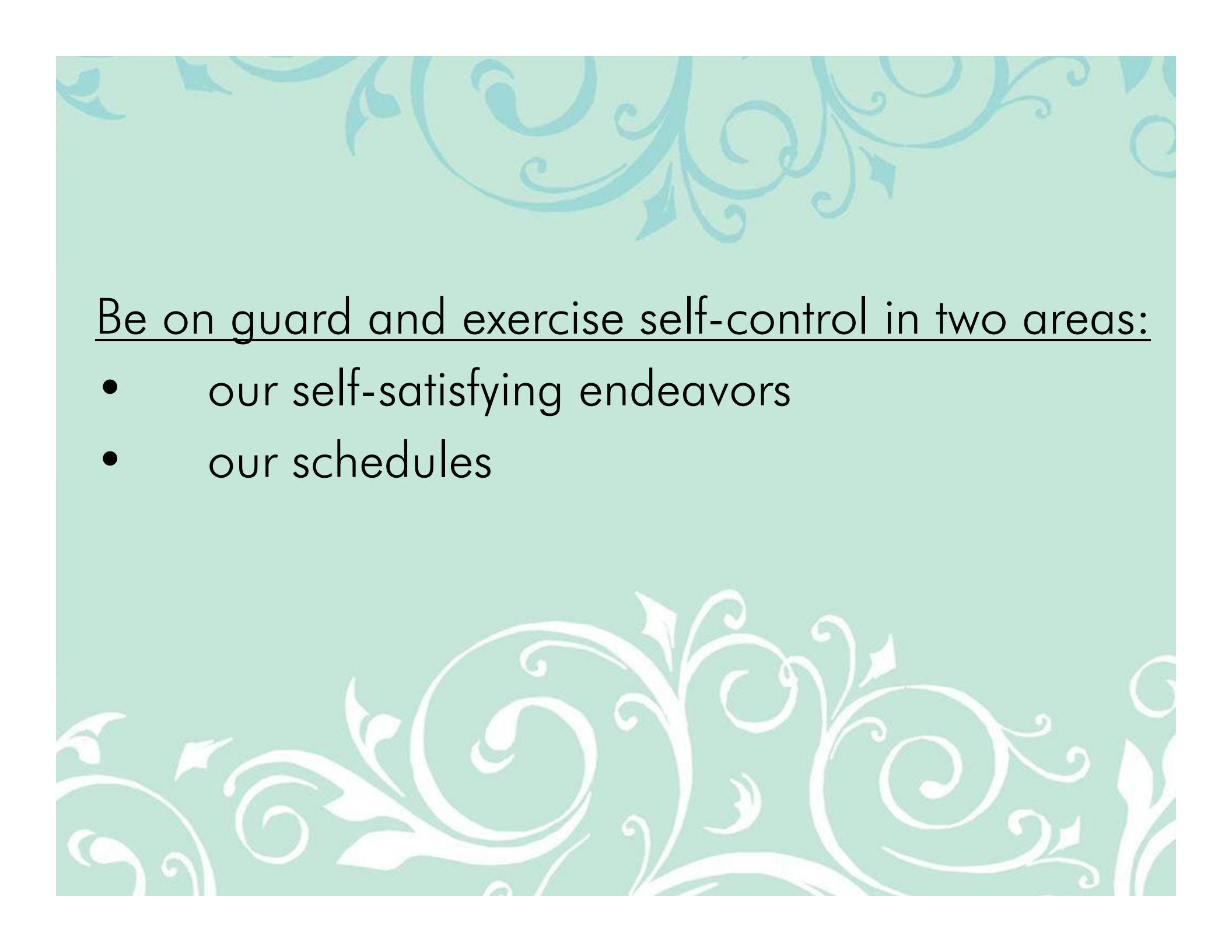
a firm or secure position enabling one
to advance



One way Satan advances in our lives is through unbalanced living.



Balanced living is to be evenly distributed,
not too much of one thing
and not too much of another.



Be on guard and exercise self-control in two areas:

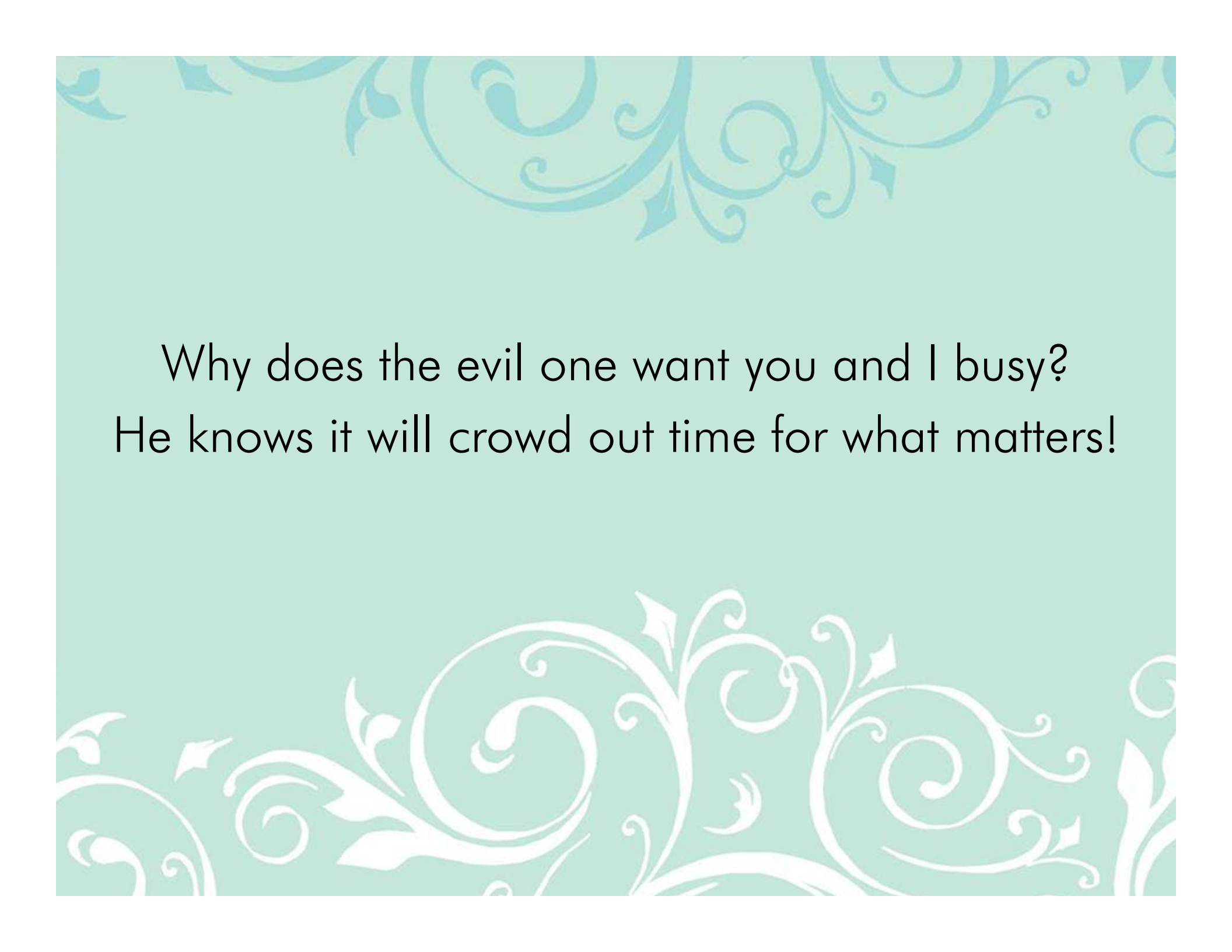
- our self-satisfying endeavors
- our schedules

“Stress drives people to extremes. In times of crisis or extreme busyness, there is often an accentuation of personality traits. One who is a hard worker tends to become a workaholic (which by the way is a “good sin” to us) and the procrastinator may delay even more. The shy person may grow more withdrawn while one who is impatient can become even more restless, irritable and short tempered and on and on the list could go. As one therapist phrased it, when under intense stress “we act more like ourselves than ever” We tend to fall back on our old ways of handling problems and take the reactions to the extreme.”

– Minirith Meier

The enemy is always trying to get us
“extremely something”:

- extremely critical
- extremely offended or extremely angry
- extremely proud
- extremely discouraged
- extremely busy



Why does the evil one want you and I busy?
He knows it will crowd out time for what matters!



“The man (woman) who fears God will avoid all extremes.”

ECCLESIASTES 1:18B (AMPLIFIED BIBLE)



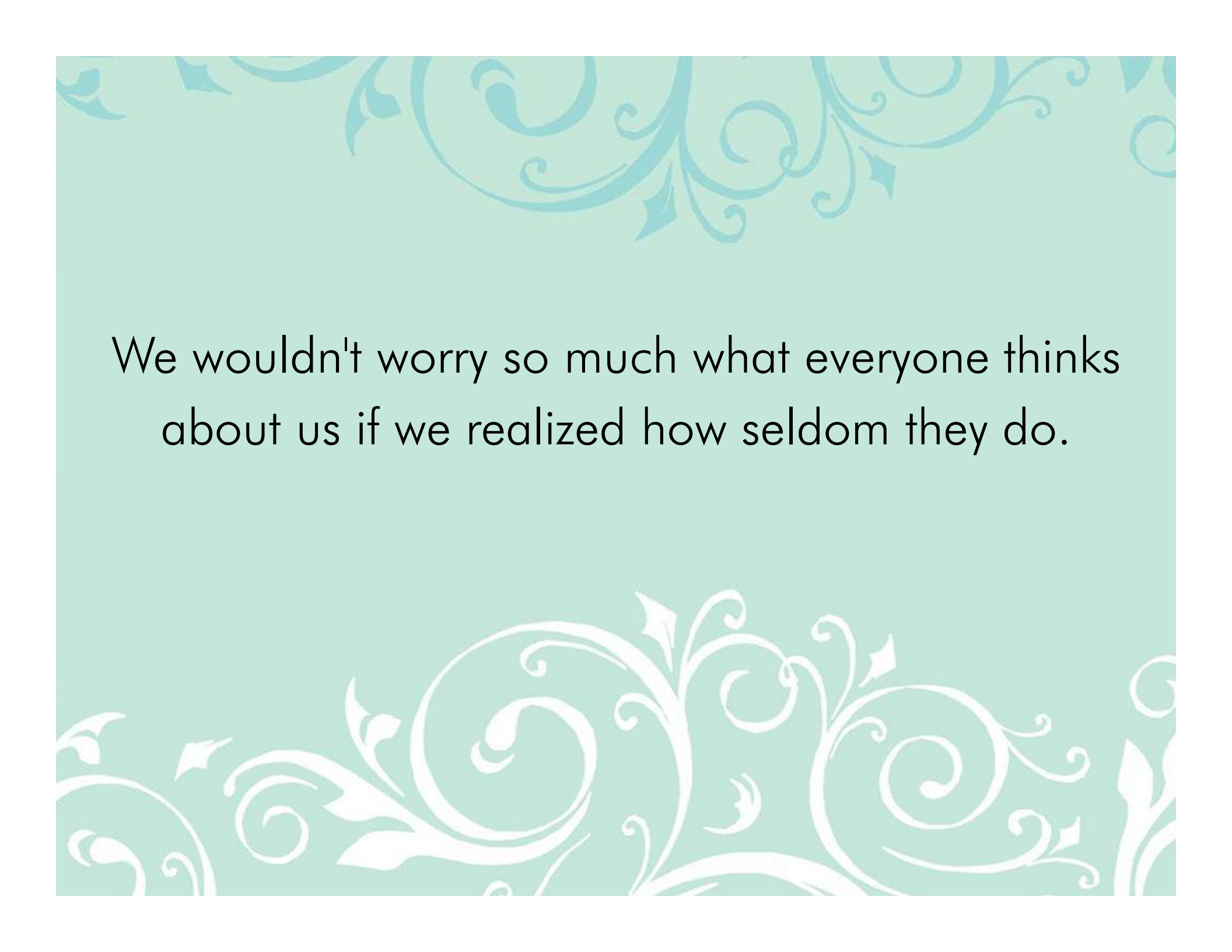
The enemy loves **extremes**;
the Lord loves **balance** and **moderation**!

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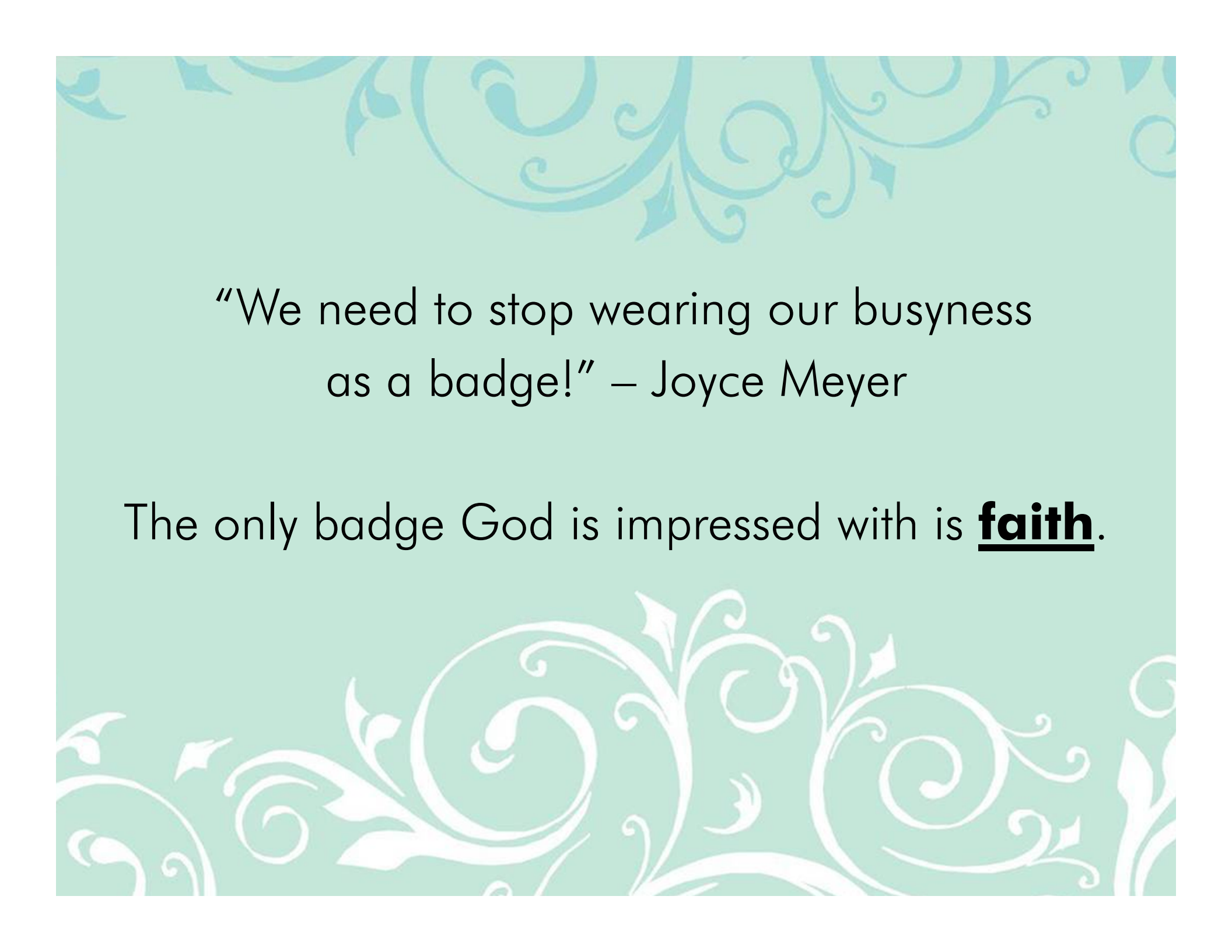
**How do we maintain a well-balanced life
and avoid the extremes?**



1. Fear God, not man



We wouldn't worry so much what everyone thinks
about us if we realized how seldom they do.



“We need to stop wearing our busyness
as a badge!” – Joyce Meyer

The only badge God is impressed with is **faith**.



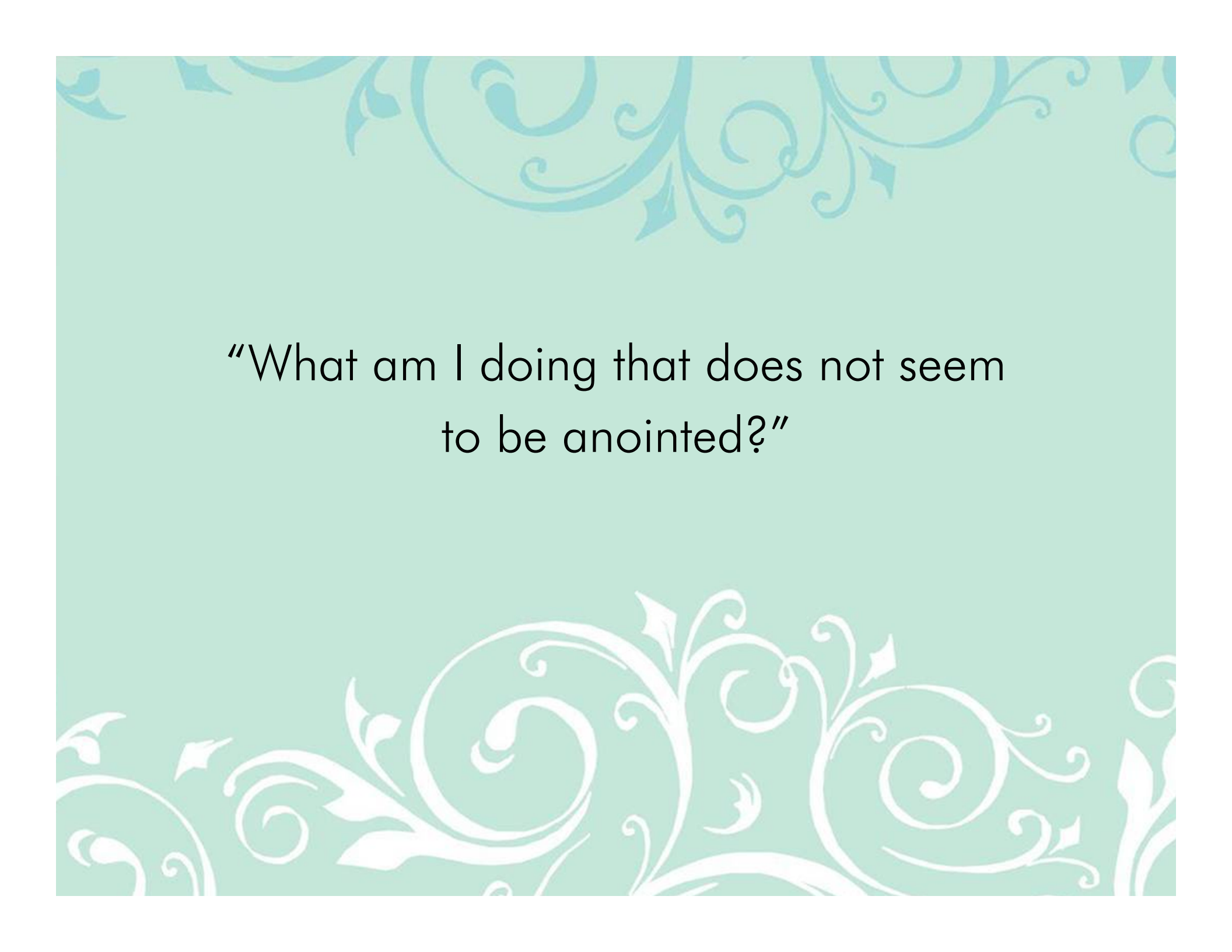
2. Observe a Personal Sabbath



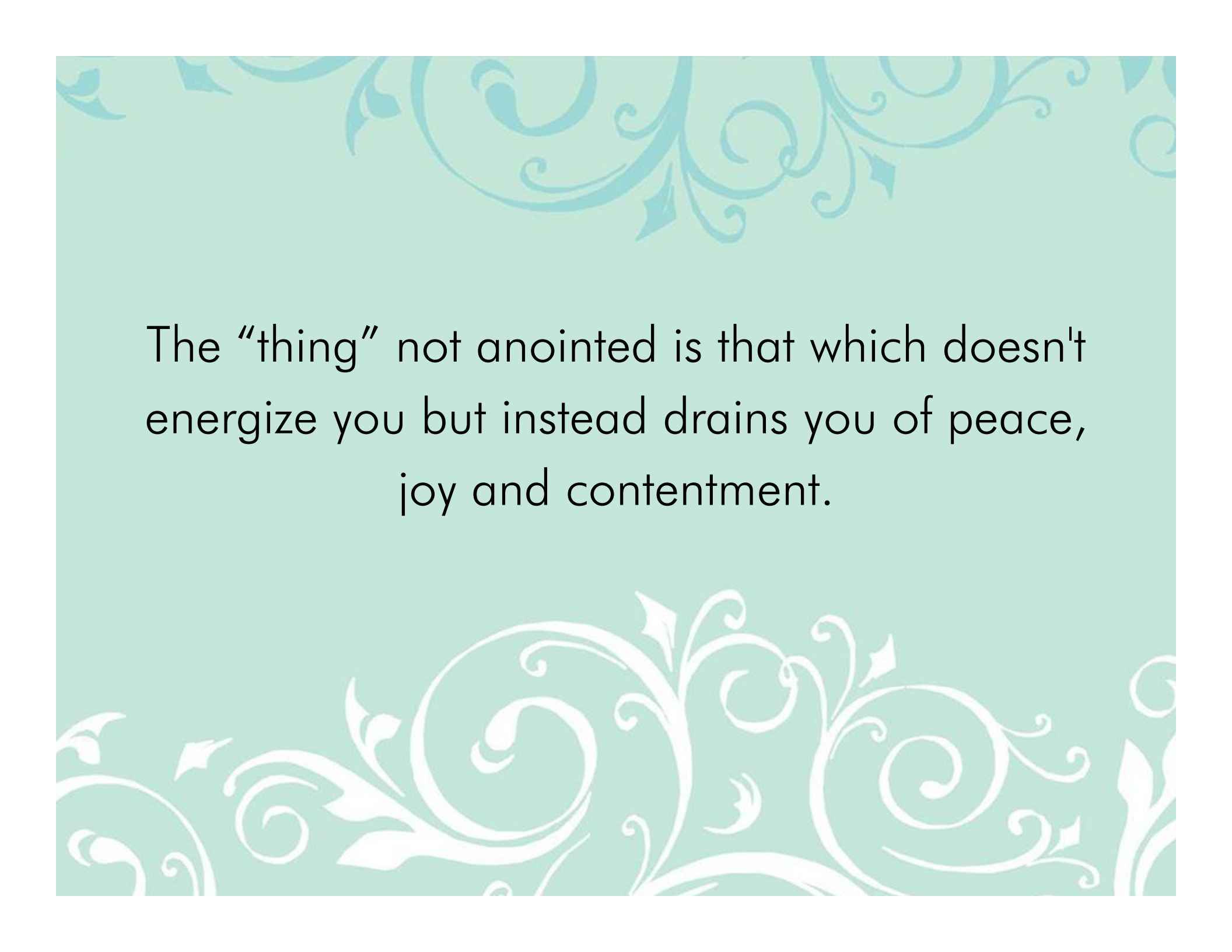
GO, DO and **HAVE** has put us all under a tremendous amount of stress!



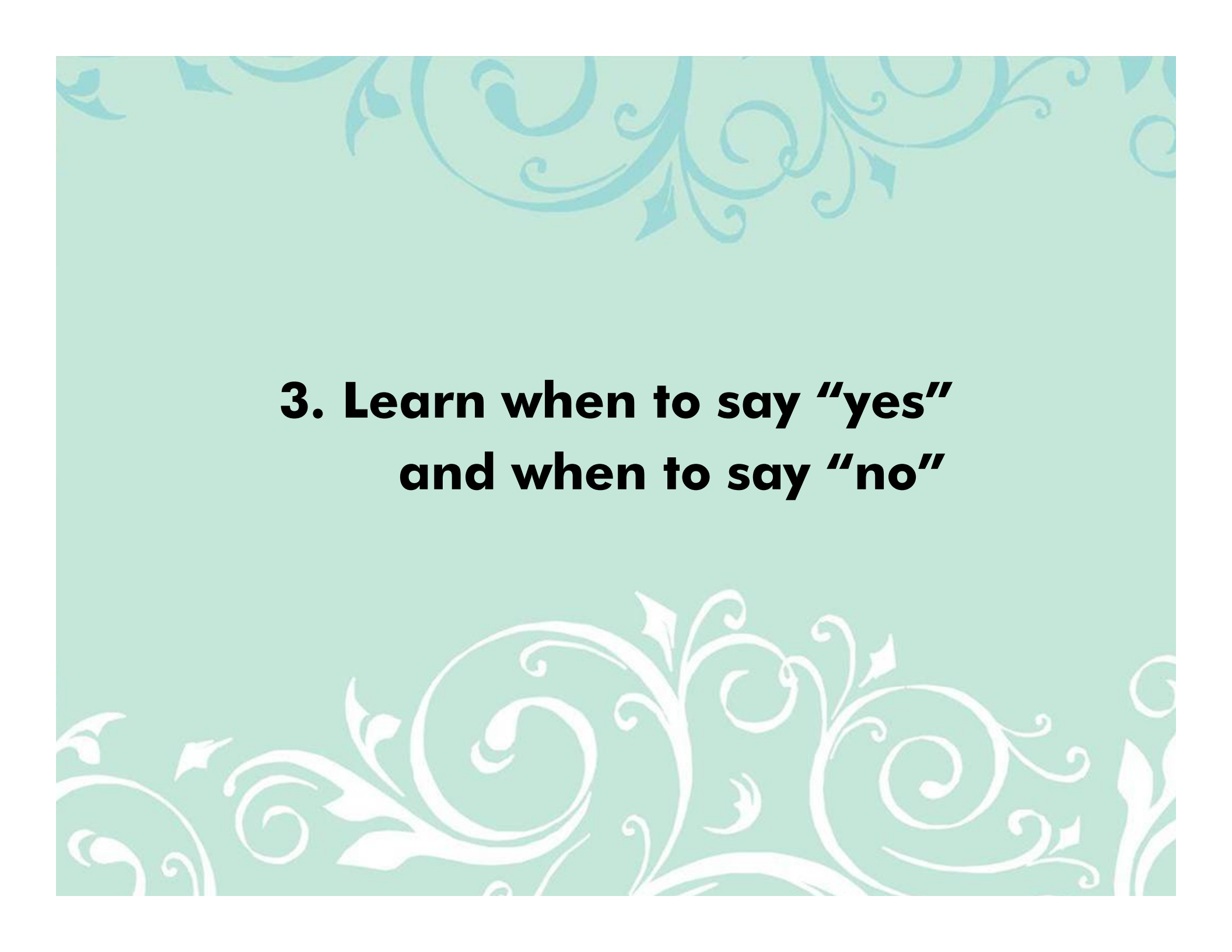
**PERFECT
SUPER WOMAN
KEEP OTHERS HAPPY**



“What am I doing that does not seem
to be anointed?”



The “thing” not anointed is that which doesn't energize you but instead drains you of peace, joy and contentment.



**3. Learn when to say "yes"
and when to say "no"**



We will only avoid being driven by

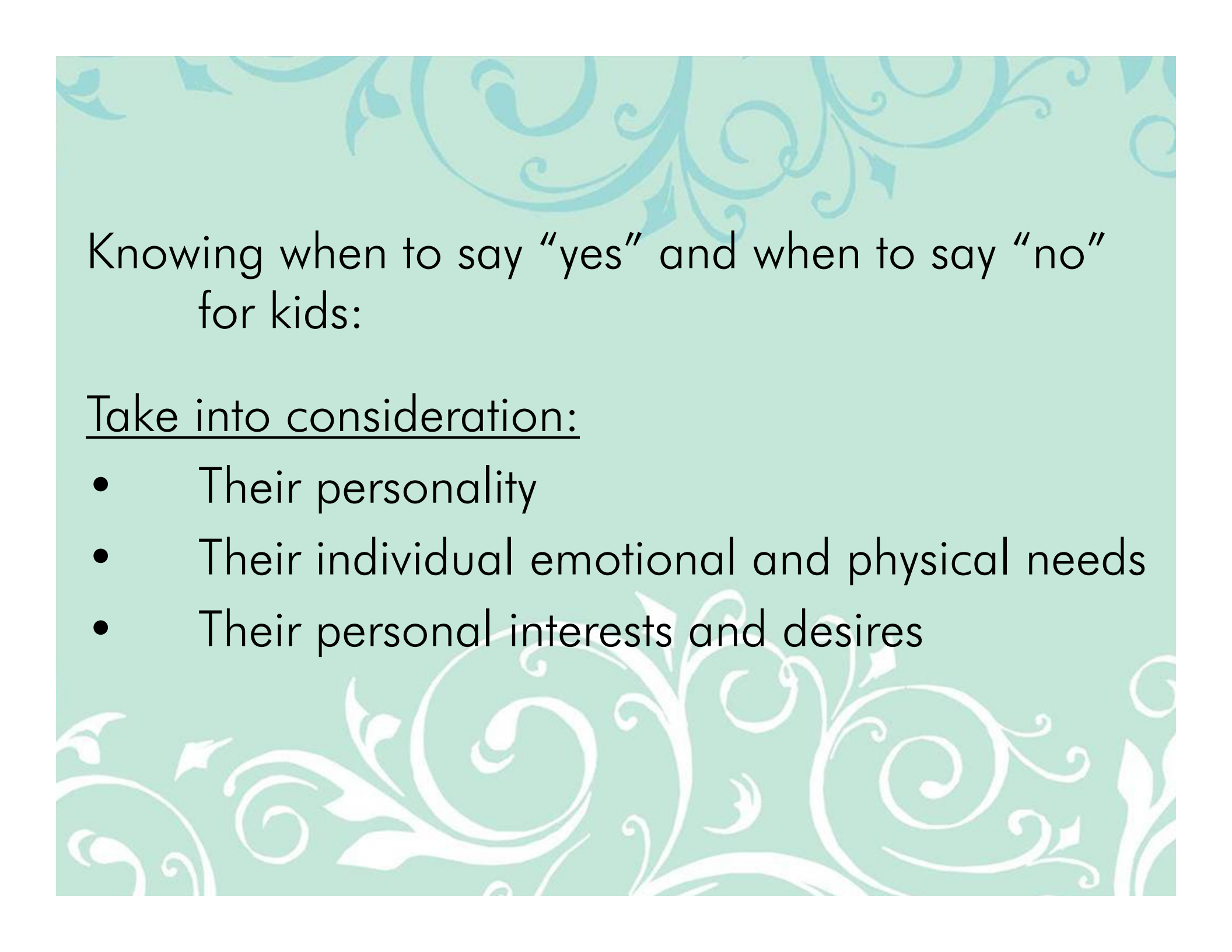
- our own inadequacies
- the devil
- the demands of others

when we keep a balanced lifestyle, directed by the Holy Spirit!



Knowing when to say “yes” and when to say “no”:


When your priorities are in place and you are choosing them over other things, you are free to say YES to just about anything.



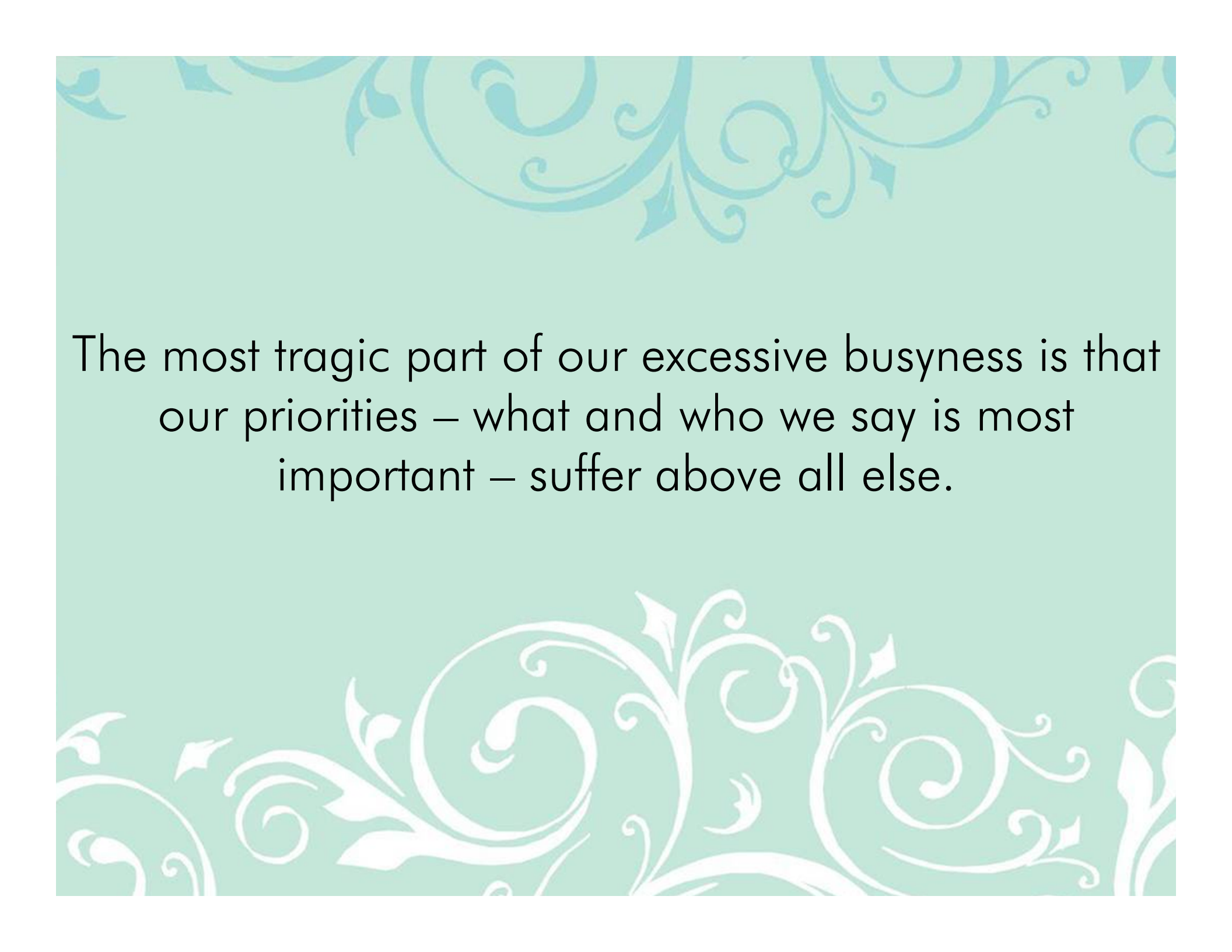
Knowing when to say “yes” and when to say “no”
for kids:

Take into consideration:

- Their personality
- Their individual emotional and physical needs
- Their personal interests and desires



The busier your kids get,
the more you should take off of your plate!



The most tragic part of our excessive busyness is that our priorities – what and who we say is most important – suffer above all else.

