

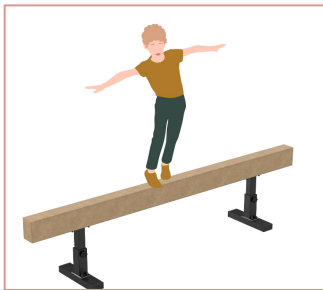
BALANCING ACT

A Lord's Flock Praise & Worship Topic

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Amidst our hectic life, we often feel tired. This may be due to trying to do many things at the same time, lack of sleep, or lack of exercise. Studies show that mental stress is also one of the causes of fatigue. There is a holistic therapeutic system that combines psychological theories and spirituality – “Psychospiritual Theory.” It helps people express themselves, use their higher consciousness and their spiritual gifts. There is a need to achieve balance in our lives by integrating our faith into our everyday life.



1. Psychological and Spiritual Approaches. As a human person we have two sides. But we get stuck most of the time with thinking, talking (psychological) and forget to nourish our spirit.

1.1. HUMAN vs DIVINE.

1.1.1. **HUMAN.** We feel hungry. We have desires and want to achieve certain wishes.

1.1.2. **DIVINE.** Our soul and spirit need spiritual rest that can only be achieved in the presence of God.

1.2. EGO vs ESSENCE.

1.2.1. **Ego.** What we see in reality pushes us to achieve with our wits. We need ego to help us push through to achieve money, career, success. But ego is limited; our sources are limited. When we feel exhausted with the pressure, we feel depressed.

1.2.2. **ESSENCE.** The opposite of EGO is our core most being. At our core, we are children of God even before we become doctors, lawyers etc. We need to be near God to feel peaceful. We should not distance ourselves from God presence. God's love is our essence.

1.3. **SINFULNESS vs GOODNESS.** The opposite of sinfulness is goodness.

1.4. **WOUNDED vs HEALING.** We become wounded because of our fears and imperfections; we may have been tortured by our families, friends, or bad experiences.

2. HOW CAN WE STRIVE TO BE “DIVINE HUMAN” LIKE JESUS? How can we develop not just our psychological side but also our spiritual person?

2.1. **SILENCE.** In silence we can reach God. “After the fire, there was silence and God spoke to Elijah” (1Kings 19:12-13).

2.2. **REFLECTION.** It is a means to go back to ourselves: “why I am hurt? Is it because my heart is wounded, or because of people around me?”

2.3. **LISTENING.** We must listen to the elders, to the word of God, inspiring stories, in the silence of our hearts.

2.4. **JOURNALING.** Let us write our thoughts; it is therapeutic especially for young adults.

2.5. **PRAYER.** We must stop and pause. Take time to breathe, relax, and turn to God. Only God can help purify and heal us physically and spiritually. We must select our battles and know when to surrender. We will accomplish more if we know our boundaries.

Conclusion:

We need to live our lives with balance. God's word declares that we need to take a breather to be revitalized, refreshed, and refilled. Take time to ask for God's enlightenment. We need to have silence to reflect and listen to the word of God as we seek His love, mercy, wisdom during our prayer time. We will enhance our resilience in the face of adversity and have a compass towards a fulfilled life. Let us seek the Holy Spirit to help us make a change in our lives.

Reflection:

1. How are you searching for God in your life?
2. What are you doing here? Have you determined your life's purpose?

SCRIBES Ministry

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<https://lordsflock.org/teachings/digests>

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