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

1 Peter 5:8 (Amplified Bible) “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.”

Greek “sober” (of mind) = calm and collected in spirit

Malachi 3:6 “I the LORD do not change. So you … are not destroyed.”

KJV “destroyed” = consumed = overwhelmed

Why is balance so important?
The enemy is intent on getting us off into extremes.

John 10:10 “The thief comes only to steal and kill and destroy;
I have come that they may have life, and have it to the full.”
**Ephesians 4:27** “Leave no room or foothold for the devil, give no opportunity to him.”

Greek definition for “foothold” = a place, a portion, a space marked off

Webster’s definition of “foothold” = a firm or secure position enabling one to advance

Definition of “balanced living” = to be evenly distributed, 
not too much of one thing and not too much of another.

**As Christ following women, we need to be on guard and self-controlled in two areas:**
- Our self-satisfying endeavors
- Our schedules

The enemy knows we won’t necessarily notice when we’ve moved into excess!

“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 The shy person may grow more withdrawn while one who is impatient can become even more restless, irritable and short-tempered and on and on the list could go.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
Ecclesiastes 1:18b (Amplified Bible)  “The man (woman) who fears God will avoid all extremes.”

So, how do we maintain a well-balanced life and avoid the extremes?

1) Fear God, not Man.
   Proverbs 3:3-8
   Proverbs 19:23; 29:25; 31:30
   Jeremiah 9:23, 24; 17:5-10
   II Corinthians 10:17, 18

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

The only badge God is impressed with is _________________________________.
[Hebrews 11:6]

2) Observe a Personal Sabbath.
   Exodus 20:8
   Isaiah 55:1-3; 58:13, 14
   Matthew 11:28-30
   Hebrews 4
So, how do we maintain a well-balanced life and avoid the extremes?

3) Learn when to say “YES” and when to say “NO.”
   Romans 8:5-6
   Ephesians 5:1-2; 15-17
   Galatians 5:16-26

HOW TO KNOW 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.

HOW TO KNOW 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 most tragic part of our excessive busyness is that our priorities — what and who we say is most important — suffer above all else.

For Further Study:
- Matthew 14:23-31
- Luke 6:47
- Luke 12:29-34
- John 6:35-38