

Finding Balance

Objective: How do we find balance between our family, work, faith, community etc..?? By focusing on our Hearts, Mind, Body and Soul.

- HEART = Emotional. One's relationship with oneself and others.
- MIND = Intellectual. Making wise decisions guided by virtues.
- BODY = Physical health.
- SOUL = Spirituality. One's relationship with God.

Each of these dimensions has a yearning to be developed to their fullest potential. In His infinite wisdom, God has placed within us a longing to fulfill and satisfy these yearnings. Though we may not always recognize it, the best way, the purest way to fulfill these yearnings is being connected with God. Our personal and professional lives excel when we fully develop our Heart, Mind, Body and Soul.

We need to develop our emotional, intellectual, physical and spiritual gifts, to do the things that God created us to do. Thus, implementing His will in our lives. By doing this, we find balance in the many activities that crave our time and energy. We set our priorities accordingly when we focus on developing these gifts. When our talents, desires, and activities intersect with God's will, we experience a deep, intimate, peaceful communion with Him. We find balance.

Just as a jogger develops a training program to complete a marathon, a training program should be developed for each of these four areas as well. When we do so, we are better equipped to handle family, work, community, and friendships.

We need to become Modernized Martha's – focusing on the presence of God through the service of others. We find ourselves by giving ourselves away. We find balance in living out God's design for us. When we go outside of God's plan, we lose our balance. Our lives become chaotic and messy. Find God in our activities, otherwise it is not worth our time.

Lastly, remember these sayings:

- *Mother Teresa: I know God would never give me anything that I couldn't handle. However, at times, I wish he did not trust me as much*
- *St. Augustine: Pray as though everything depended upon God. Work as though everything depended upon you*

Song Suggestion: I Heard the Voice of Jesus Say (Blue 209; Red 622)

Bible and Catechism Readings: –

Colossians 3:2, 9

Think of what is above, not of what is on earth.....Put to death, then, the parts of you that are earthly.

Ecclesiastes 1:2; 2:22-23

Vanity of vanities says Qoheleth, vanity of vanities! All things are vanity!.....For what profit comes to man from all the toil and anxiety of heart with which he has labored under the sun? All his days sorrow and grief are his occupation; even at night his mind is not at rest. This also is vanity.

Luke 12:18-21

“Then he said, ‘This is what I’ll do. I will tear down my barns and build bigger ones, and there I will store my surplus grain. And I’ll say to myself, “You have plenty of grain laid up for many years. Take life easy; eat, drink and be merry.”’

But God said to him ‘You fool, this night your life will be demanded of you and the things you have prepared, to whom will they belong?’ Thus will it be for all who store up treasure for themselves but are not rich in what matters to God.

Proverbs: 3:5-6

Trust in the LORD with all your heart, and do not rely on your own insight. In all your ways acknowledge him, and he will make straight your paths.

Catechism 44-46

Man is by nature and vocation a religious being. Coming from God, going toward God, man lives a fully human life only if he freely lives by his bond with God.

Man is made to live in communion with God in whom he finds happiness: When I am completely united to you, there will be no more sorrow or trials; entirely full of you, my life will be complete (St. Augustine, Conf. 10, 28, 39: PL 32, 795).

When he listens to the message of creation and to the voice of conscience, man can arrive at certainty about the existence of God, the cause and the end of everything.

Catechism 1878-1879

All men are called to the same end: God himself. There is a certain resemblance between the union of the divine persons and the fraternity that men are to establish among themselves in truth and love. Love of neighbor is inseparable from love for God.

The human person needs to live in society. Society is not for him an extraneous addition but a requirement of his nature. Through the exchange with others, mutual service and dialogue with his brethren, man develops his potential; he thus responds to his vocation.

Saint: St. Jose Escriva – Holiness is for everyone. https://www.catholic.org/saints/saint.php?saint_id=5603
St. Francie DeSales – The Devout Life: https://www.catholic.org/saints/saint.php?saint_id=51

Vignette: –

Fred’s life had become one big mess. Seems like nothing was working. He and his wife drifted apart, as most of the conversations were transactional in a nature. His kids avoided him, because of his constant criticisms. Work was not satisfying, but paid the bills. He was constantly tired, and never seemed to catch up with this “To Do” list, either at work or at home.

There was not enough hours in the day to get everything done, resulting in him being constantly tired.

In desperation, he turned to his faith to help re-prioritize his life. He remembered a quote from St. Francis De Sales ““Every one of us needs half an hour of prayer a day, except when we are busy – then we need an hour.”

Fred purchased the Magnificat, and spent the first 30 minutes of everyday reading it. That simple task filled him with peace and confidence that lasted through out the day. He then read a Matthew Kelly Book about becoming the best version of himself, and developed a training program to develop his Heart, Mind, Body and

Soul.

He began to watch his diet, as it had gone off the rails. Within 3 months, he lost 15 pounds and had more energy and better attitude. Just like he did with his Body, he developed his own training program for his Heart, Mind, and Soul.

He began to track his time, and realized that an inordinate amount fell into the “leisure” bucket. While he enjoyed Fantasy Football and Social Media, he realized they became a big time suck and eliminated them. When faced with decisions, he simply asked himself “Does this activity help me become a better or worse version of myself?”

While he faced the same pressures from work and family life, he dealt with them differently. Instead, he changed his priorities and became a better Husband, Father, friend and colleague.

Questions for Large and Small Group Discussion:

Have you ever made a conscious effort to grow your Heart, Mind, Body or Soul?? What worked and what did not?

What habits have crept into your life as a guilty pleasure, but have become destructive. In other words, where is the lowest lying fruit that if eliminated, could help you become a better person and find more balance in your life?

How do you set priorities in regards to time and money? Are you and your wife on the same page? Where is the biggest disconnect?

What gifts has God given you to help further His Kingdom. Are you utilizing them to the fullest?

Resources:

<https://www.dynamiccatholic.com/>

Action Plan:

Create a training program for your Heart, Mind, Body and Soul. Keep a journal to set goals and activities to monitor your progress in each area.

Write a homily to yourself, based on the Scripture readings for 18th Sunday of Ordinary Time – Year C. the Meditate and reflect upon Ecclesiastes 1:2; 2:21-23; Colossians 3:1-5, 9-11. Luke 12: 13-21.; Use the following websites as resources:

- Scott Hahn: High level, connects all the readings: <https://stpaulcenter.com/>
- St. Charles Borromeo: In depth, historical: <https://scborromeo2.org/liturgical-calendar-2021>

- Fr. Pellegrino: Insightful, practical and entertaining: <http://frjoeshomilies.net/>

If you knew you were going to die one year from today, how would you live differently?? Do those things today.

Identify the area of your life that is most out of balance. Write a game plan to address it.

Read "Purpose Driven Life "by Rick Warren

Listen to Matthew Kelly's CD on "Becoming the Best Version of Yourself".

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