Chapter 4 – Living a Balanced Life

Spiritually mature men demonstrate emotional stability and good judgment. Rather than reacting impulsively to life's pressures and maintain perspective through faith in God. Balanced in words and action (do what you say). God provides peace and security. Take deep spiritual breath: inhale God’s peace and exhale stress and worry.

Remaining temperate, steadfast, firm, unwavering and deeply rooted in your faith, trust and obedience to God regardless of life's trials. Alert, self-control, moderation and mastery over one's own desires, impulses and passions.

Key Lessons

- A *living* **faith**
- *Steadfast* **hope**
- *Life* of **love**

Scripture

- Philippians 4:6–8
- Titus 2:2

Application

- Walks in light of God's truth
- Stays on God's straight and narrow path
- Guards against Satanic/evil influences
- Learning to love more like Christ

Challenge/Goal: