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Have you ever ridden in a vehicle when the wheels were out of balance? The car will begin to vibrate at around 50 miles per hour, and this vibration will increase in intensity as you accelerate. Pretty soon, you will feel the vibration in the steering wheel, seats and floorboards, and instead of the tires spinning smoothly, they will literally “bounce” down the road. It’s a bumpy and uncomfortable ride, and the life of the tires, ball bearings, shock absorbers and other components will be much shorter than if the tires had been kept in perfect balance.
Your life can get in the same shape as unbalanced wheels. If you forge ahead without a plan, you may first notice things are a bit shaky. The more you do and the faster you go, the louder and more intense the shaking becomes. Soon, you feel the effects in your home, your family, your job and your relationship with others and with God. Your quality of life is diminished, and you begin “wearing out.” In Balanced Living, you will learn how to regain the balance that God intended for each of us to have in all four areas of our lives: mental, physical, emotional and spiritual.

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