

## CA Women's Gathering 2020 ~ RELENTLESS

Presenter: Eva De La Rosa, Executive Director, CA WMU

### Developing Balance

Becoming better leaders and followers results from learning how to develop balance in our lives.

#### **Attitude**

Proverbs 17:22 ESV - *A joyful heart is good medicine, but a crushed spirit dries up the bones.*

A good attitude brings joy, life is better. Does that mean no problems? Not always, life is life, problems and all.

- Lead a group
- Help others
- Do missions
- Influence and encourage a new believer (mentor, disciple, etc.)

#### **Burnout**

Do you try to do too many things? Tired, doing many things, not always doing any one thing well. "Burning the candle at both ends"

Avoid burnout by seeking God's direction, discover your gifts and honor Him by obeying His will for our life through service using your gifts.

#### **Keeping balance in our lives honors God**

Serving in ministry together as a family can be one of the greatest ways to instill and transfer a passion for serving Christ to your children/grandchildren. Be creative as a parent/grandparent in making things like visitation and serving others a fun and enjoyable experience.

Whether that means that they get to have a responsibility in those areas of service, or simply letting them know you'll be going out for ice cream following times of family ministry, make ministry and serving the Lord together a common and memorable occurrence. It's important to keep balance in our lives with family, church/ministry, and work.

- Guard your time & use it wisely
- Decide which things are the most important/ what can wait
- Depend on the Lord and His promises

Ask yourself:

1. Am I worried at the end of the day because I have not done all I wanted to do?
2. Is it hard for me to decide what is most important?
3. Am I always in a hurry?
4. Am I late for meetings? Do I miss due dates?
5. Have I missed doing things with my family because I have too much to do?
6. Is it hard to go to sleep and stay asleep long enough? Do I get enough exercise?  
Do I eat healthy foods?

1 Peter 5:7 NCV - *"Give all your worries, because he cares about you."*