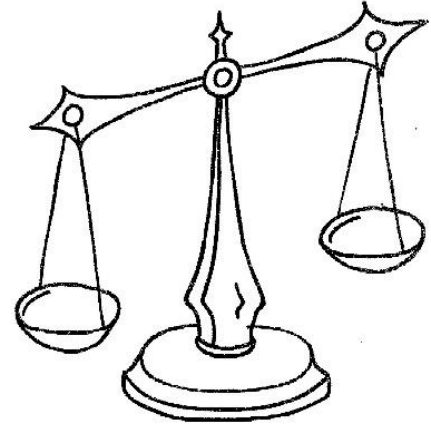


# Theme: A Balanced Life

Title: Don't Forget Spiritual Priorities

## Purpose of the meeting

To help young people understand that God cares about everything that happens in our lives, and that it is important to make our relationship with Him a priority.



## INTRO

### Game 1: 'Balance'

Make a circle of one foot (30 cm) in diameter with painter's tape on the floor. Challenge a group of eight kids to fit themselves inside the circle, with nothing touching the floor outside the circle, and balance in that position for 10 seconds.

### Game 2: 'The Perfect Person'

Divide the kids into small groups. Give each group a sheet of paper and a marker. Ask them to write down the qualities of the ideal person and draw a picture symbolizing this person. Then each group shares their answers.

Write their qualities of an ideal person on the board in columns, into four categories that *only you know*: Physical, Intellectual, Social, and Spiritual Qualities. Label the columns AFTER the answers have been recorded, to avoid unnecessary arguments over the category designation. The columns may contain different numbers of answers, some more, some less.

## QUESTIONS

To assist the leader, possible answers are provided after each question. The purpose of the discussion is for teenagers to express their thoughts. Discussion leaders should save their ideas for the conclusion at the end.

1. Look at the answers. Is your ideal person's life balanced? Which area is most developed? Which is least developed?

2. Do you think that if one of the columns has the most answers, it means that this aspect of life is the most important? Why?

*Perhaps it is more important to us and our friends; all areas of life are important; some qualities are more noticeable; life demands that we pay more attention to some areas than others.*

3. How do these four lists affect each other? Give examples.

*Physical fatigue can affect academic performance; social rejection can affect your health, or ideas about God.*

4. Why is it we put more emphasis on some areas of our lives than others?

*It is what we like and what we are good at; these parts of life are valued more highly in our culture; these are the things that we have to spend more time on; these are the things we worry about.*

5. Which qualities do you think God cares the most about? The least about? Why do you think so?

*Some kids will say, 'the spiritual area,' others will point out the importance of every area. Ex. God said to love others as ourselves (social); we're supposed to do everything to the glory of God (all areas); we are supposed to take care of our bodies as the temple of His spirit (physical).*

6. Is there anything in us that God is not interested in?

*(Give the kids time to think and share)*

7. What problems can result if we put too much stress on one area and neglect another?

*We can judge others by one thing – like 'athlete' or 'smart student' – and forget that they are people in other ways, too; we put too much pressure on ourselves in one area, or place our identity and worth only in one thing.*

8. Why is being balanced important?

*You may have more friends; life is more interesting; it's less stressful when you care about more than just one thing.*

9. What does the spiritual area of a person's life look like? What does the spiritual side include?

*Our relationship with God; our relationships with other Christians; taking time to pray and read the Bible; making right choices; caring about others with the love of Christ.*

## **WRAP-UP**

**1. You need to find balance in life, otherwise expect problems.**

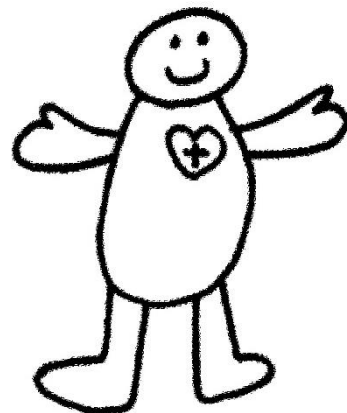
Without balance, we fall (remember the first game).

God cares about all of our cares, so each area should include Him.

**2. All areas of life are important.**

To explain this idea, draw this diagram of a person. It shows that spiritual life should be at the center, influencing all the others.

Physical (*draw legs*): there is more to life than caring for the body and personal appearance, even though these are important.



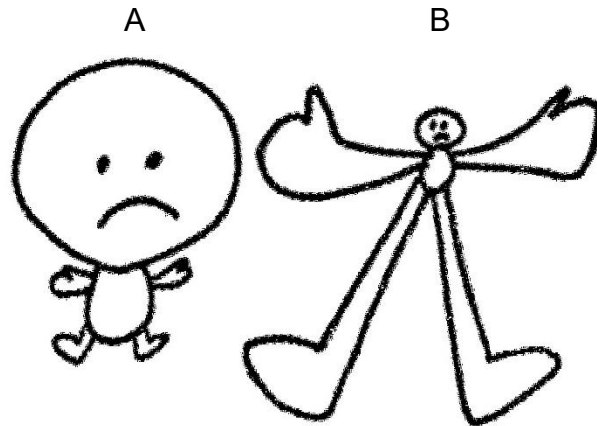
Social (*draw arms*): friends and connecting to others are important, but not at the expense of everything else.

Intellectual (*draw head*): learning at school is an important part of your life right now, but it's not the only thing.

Spiritual (*draw torso with heart and cross inside*): your relationship with God is very important, in itself and in relation to all the others. God cares about all of YOU.

What is a person who only focuses on developing their mind? Other areas will be under-developed. (*Draw person A*)

Or if they only focus on the physical and social areas and forget the intellectual and spiritual, they are like this guy. (*Draw person B*).



### **3. Jesus was the perfect Man.**

The Bible tells us that early on, Jesus was developing in all areas of life. He had the ultimately important spiritual mission, but He was a complete human being. See Luke 2:52:

'And Jesus grew in wisdom and stature [height] and in favor with God and man.'

Physical: 'grew in height'

Intellectual: 'grew in wisdom'

Social: 'in favor with men'

Spiritual: 'in favor with God'

### **4. Let your goal this year be to keep your balance, keeping God in the center and allowing Him to help and direct your social, intellectual and physical life as well.**

Our group wants to help you do just that!

*The idea of 'The Balanced Life' as a model for inviting teens to consider their spiritual life was developed by 'Youth for Christ'*