

Getting Ready for the New Year

Luke 10:38 As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. 39 She had a sister called Mary, who sat at the Lord's feet listening to what he said. 40 But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" 41 "Martha, Martha," the Lord answered, "you are worried and upset about many things, 42 but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

Poor Martha

1. Martha was a _____ person.
2. Martha _____ her home to Jesus. She was a _____ person!
3. Martha was _____ even though Jesus was in her house.
4. Martha was worried and upset about _____.
5. Martha had her priorities out of _____.
6. Martha had a "_____ " mentality.
7. Martha blamed _____ for _____ problems.

If Martha Had Made Some New Year's Resolutions . . .

1. I need to live "_____ the _____."
2. I need to stop _____ so much.
3. I need to quit blaming _____ for _____ problems.

God Has Made Us to Be People of Balance

Luke 2:52 And Jesus grew in wisdom and stature, and in favor with God and men.

1. _____ Health
(Learning, peace, focus, . . .)
2. _____ Health
(Exercise, eating right, sleep, good habits . . .)
3. _____ Health
(Friendships, accountability, right relationships, . . .)
4. _____ Health
(Bible reading, Prayer, Ministry, Attitudes, . . .)

I think the _____ should help in all _____ areas!

Does balance really matter?

Let's look at Martha . . . (If she was worried and bitter, she wasn't sleeping. This would have caused her to not be growing spiritually and not wanting to be with other people. This would, of course, cause her more anguish and tension, . . .)

If You Want to Improve in the New Year . . .

1. Decide what is most _____ to you to bring you into _____ balance.

In which of the four areas are you the _____?

In which of the four areas are you the _____?

2. Talk to a few _____ about your thoughts to see if they _____ . (These should be people who know you well!)
3. Decide _____ what you will do to help balance your life.
 1. I will . . .
 2. I will . . .
 3. I will . . .
4. Find _____ or _____ people to hold you _____ to bringing balance into your life. (Share your plans for the new year with these people and meet regularly with them for check-up)

What Most of You Will Do!

1. Most of you will _____ with most _____ I've said.
2. Many of you will _____ numbers _____ and _____ above.
3. Because of this, most of you will make the very _____ resolutions and _____ to yourself and God next year!

If you always do, what you've always done; you will always get what you've always got!

Do You Want to Get Out of This Cycle?

1. Make a definite _____ to change. (What is the biggest obstacle right now to balance in your life?)
2. _____ your commitment with at least one partner and meet with them regularly for _____!