

**FCA Toolbox ©**  
**Building Women of Character**

**Description:** The Level

We must balance four critical areas in our lives - Physical, Mental, Relational, and Spiritual.

**Scripture:** Luke 10:27

He (Jesus) answered, "Love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind; and your neighbor as yourself."

**Story:** Balance

Physical - If I gave you a brand-new BMW when you turn 16 years old and told you that this was the only vehicle you would ever drive, how would you take care of, and drive it? You would take great care if it, if you wanted it to last! The same should be true of your body. You are given only one body, and what you do with it matters!

Mental - The old saying goes, "A mind is a terrible thing to waste." An unguarded mind is a wasted mind. What you allow in affects every thing you do...garbage in, garbage out. With what are you filling your mind?

Relational - Guard your heart. We are created for a relationship with God. We are also created for relationships with one another. Our lives are not meant to be in isolation, nor are we meant to give ourselves to everyone who comes along. Relationships matter, and how you treat people matters!

Spiritual - Philosopher Blasé Pascal said that every person has a God shaped void in his/her heart. We seek to fill that void with money, sex, popularity, etc. We are made for a relationship with God. Don't settle for lesser gods... Follow Jesus!

True balance is when a person lives their whole life on purpose - for the glory of God. Every part of your life matters, because you matter!

**Toolbox Overtime:** 1 Corinthians 10:31, Proverbs 4:23, 1 Corinthians 6:18-20, Colossians 2:8, Luke 9:23-25

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