

THE GOSPEL OF CHRIST BIBLE OUTREACH

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DAILY DEVOTION

BALANCE IN LIFE

16th August, 2026

MARK 6:31 NIV 31 Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."

Balance is a difficult thing to achieve.

Success usually requires discipline, a large commitment of time, and a lot of hard work.

But sometimes what's needed is to take a vacation!

Taking a trip is not always necessary, but taking a break from your normal routine is.

You need time to think, and time to listen to what God is saying to you -- as well as physical rest.

Without taking time to "recharge your batteries" you will never be your best.

People who face relentless responsibilities, such as pastors, mothers of young children, care givers, and owners of small businesses, especially need an occasional break.

(Be creative. It doesn't have to be expensive.)

We want to lead productive lives and be fruitful in our walk with the Lord,

but we cannot take the place of God. We cannot do everything. We are not God.

Burning out is not a good witness for the Lord

Humans require rest. To continue to be healthy and productive for many years, we must live a balanced life which includes rest and taking time off.

Always keep the big picture in mind. That includes eternity.

Prayer: Oh God, help me to achieve balance in my life in Jesus name.