

Chapter 1 : The Meaning Of Balance - The Balanced Life

Life Rhythms - 01 Our Busy Lives And The Burden Of Balance - Dan Clemens.

Heuertz argues that "historical prayer practices" practices marked by solitude, silence and stillness"address our struggle to be present, to listen and to respond to life with grace and ease. How I would love to stay in bed. But the soul-muscle-memory of years of contemplative practice wins out. So instead of ignoring my alarm and rolling over onto my right side to drift back into dreamland, I roll over to the left, place both feet on the floor, and slide my feet into cozy slippers. First stop, the bathroom. More often it was filled with thoughts and reflections and other discursive activities of the mind. Elements that are interwoven in historical Christian practices. In our overdeveloped society, historical prayer practices"practices marked by solitude, silence and stillness"address our struggle to be present, to listen and to respond to life with grace and ease. Many of us are constantly plugged into the Internet, email and social media leading to digital addiction and an inability to be present to the here and now of our life. With so many options, opportunities and distractions, many of us are challenged more than ever to understand the meaning and purpose of our life. We are desperate for the ability to sift through the chatter and hear and listen to the still small voice of God. Modern technology has its gifts, but our unchecked attachment to it leaves most of us struggling to balance work and rest. We are overworked, overtired, and on edge. We tend to react to life and its unexpected circumstances, instead of respond to life from a place of freedom. By incorporating practices of solitude, silence and stillness, ancient prayer practices address our personal and societal sickness, offering a kind of correction to the imbalance and depletion we live with. The feeling of aloneness makes most of us very uncomfortable, leading our society to boast the highest rates of depression, anxiety and suicide. So, what is the cure for our anxious-ridden loneliness? Now certainly, there are important ways to address clinical depression and anxiety"like counseling, psychotherapy and medication. We need to bring balance to what is sorely out of balance. We must learn how to be alone"how to be alone with ourselves and with God. For significant moments in our day, we must dare to detach from our digital appendages and deal with the anxiety it produces in us. God wants to meet us right there, in our uncomfortability, loneliness, isolation, anxiety and depression. It only grows and secretly drains the life of our true self. In solitude, we learn to be present. We learn to be present to our self, to God and to one another. As we let God heal our hidden neediness, anxiety and pain, we experience more authentic connection to our self, to God and to others. If being alone is difficult. Try being quiet, right? Are you truly listening? Or are you distracted by a myriad of other competing thoughts and distractions? The meaning of vocation centers on this"our vocation is marked by listening to the Voice calling us. And to get quiet, I mean really quiet from the inside out, we need to practice Silence. Speaking to the burden of our human condition and our need for silence, the writer of Lamentations writes 3:

Chapter 2 : Keeping Life's Demands in Balance - M. Russell Ballard

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Focus and Priorities I have often heard my husband talk about his Grandpa Brown, who was a farmer and owned several milk cows. My husband used to watch him as he milked his cows twice a day sitting upon an old three-legged stool. His three-legged stool worked well because all three legs were the same length and gave him the stability and balance necessary to do his work. Can you imagine how uncomfortable and unsteady it would have been had one of the legs of that stool been much shorter, much longer, or even missing? He would have been so busy trying to stay upright that he could not possibly have done a proper job of milking that cow. We can compare the three legs of that old stool to our lives and the importance of staying balanced with the many things in life that demand our attention. As I talk to youth and the parents of youth I often hear about the busyness of their lives. It seems that opportunities for our children to be involved in worthwhile activities are nearly endless. They have sports teams, dance, theater, music lessons, voice lessons, school clubs, choirs, and all of this on top of full days at school with the attending homework and perhaps a part-time job. When a family has multiple children, the number of activities increases proportionally. All of these activities in and of themselves are worthwhile and enriching, but when our children are too overprogramed they often begin to feel stressed, overburdened, and sometimes begin to neglect the very things which are of most worth and lasting importance. Parents have the biggest influence on helping children maintain the right balance and priorities in their lives. As we consider the types of activities our children spend the most time doing, it would be good to also remember what the Lord taught us in Doctrine and Covenants. Otherwise, children will be overscheduled, and parents will be frazzled and frustrated. What an important reminder Elder Oaks gives us for remembering those things that are of the greatest value to our children. We as parents teach our children what is most important by what we model in our homes and in our own lives. In our home, we expected our family to gather together each evening for a family dinner; we wanted to teach our children that there was nothing they could be doing that was more important than strengthening our family relationships. If family home evening, family scripture reading, and family prayers are nonnegotiable activities, we can teach our children that their spiritual well-being and testimonies are more important priorities than dance lessons or sports. We all want our children to have opportunities for growth and experience in many different areas of their lives, and the Lord has given us a promise: The Lord needs us as parents to stay grounded and to use our influence to help our children maintain a balance in their lives between the spiritual, the secular, and the recreational. That implies that we also need to keep a balance in life, prioritize among the many valuable choices we all make, and keep an eternal perspective. We as parents are the ones who teach them to make good choices, prioritize, simplify, and stay connected to the Spirit. As President Boyd K. There are no more important lessons for our children to learn than those which will be taught in righteous homes by parents who are directed by the Spirit of the Holy Ghost.

Chapter 3 : The Importance of Maintaining Balance

The Burden of "Balance" October 16, by D. A. Wolf 6 Comments Recently, I addressed the (recurring) theme of finding balance in our work and family lives, through the health route.

Email My dear brothers and sisters, since last general conference, I have felt in my own life the power of priesthood blessings and the power of the faith and prayers of Church members. For many years, I have given blessings to others. I have fasted and prayed for their well-being and have exercised my faith for their recovery. Recently, during a serious illness, I was the recipient of such faith, prayers, and blessings. I thank you, brothers and sisters, for the prayers that you have offered in my behalf. One of my colleagues said to me that some good would come from this illness. He suggested that it is good, on occasion, for everyone to face adversity, especially if it causes introspection that enables us to openly and honestly assess our lives. That is what I did. The night before my surgery, my doctors talked about the possibility of cancer. When I was left alone, my mind filled with thoughts of my family and of my ministry. I found comfort in the ordinances of the gospel that bind me to my family if we are faithful. I realized that I needed to rearrange some of my priorities to accomplish the things that matter most to me. Sometimes we need a personal crisis to reinforce in our minds what we really value and cherish. The scriptures are filled with examples of people facing crises before learning how to better serve God and others. Perhaps if you, too, search your hearts and courageously assess the priorities in your life, you may discover, as I did, that you need a better balance among your priorities. All of us must come to an honest, open self-examination, an awareness within as to who and what we want to be. As most of you know, coping with the complex and diverse challenges of everyday life, which is not an easy task, can upset the balance and harmony we seek. Many good people who care a great deal are trying very hard to maintain balance, but they sometimes feel overwhelmed and defeated. A mother of four small children said: I am completely consumed in trying to raise my children. I hardly have time to think of anything else! I realize that I am neglecting my family and church duties, but if I can just get through one more year I will make enough money, and then things will settle down. In fact, sometimes I think the world expects too much of me. They are common human experiences. Many people have heavy demands upon them stemming from parental, family, employment, church, and civic responsibilities. Keeping everything in balance can be a real problem. A periodic review of the covenants we have made with the Lord will help us with our priorities and with balance in our lives. This review will help us see where we need to repent and change our lives to ensure that we are worthy of the promises that accompany our covenants and sacred ordinances. Working out our own salvation requires good planning and a deliberate, valiant effort. These suggestions are very basic; their concepts can easily be overlooked if you are not careful. You will need a strong commitment and personal discipline to incorporate them into your life. First, think about your life and set your priorities. Find some quiet time regularly to think deeply about where you are going and what you will need to do to get there. We need to do the same thing occasionally to rejuvenate ourselves spiritually as the Savior did. Write down the tasks you would like to accomplish each day. Keep foremost in mind the sacred covenants you have made with the Lord as you write down your daily schedules. Second, set short-term goals that you can reach. Set goals that are well balanced—“not too many nor too few, and not too high nor too low. Write down your attainable goals and work on them according to their importance. Pray for divine guidance in your goal setting. Third, everyone faces financial challenges in life. Through wise budgeting, control your real needs and measure them carefully against your many wants in life. Far too many individuals and families have incurred too much debt. Be careful of the many attractive offers to borrow money. It is much easier to borrow money than it is to pay it back. There are no shortcuts to financial security. There are no get-rich-quick schemes that work. Do not trust your money to others without a thorough evaluation of any proposed investment. Our people have lost far too much money by trusting their assets to others. In my judgment, we never will have balance in our lives unless our finances are securely under control. The prophet Jacob said to his people: Brothers and sisters, remember to always pay a full tithing. Fourth, stay close to your spouse, children, relatives, and friends. They will help you keep a balance in your life. In a recent study by the Church, adults in

the United States were asked to identify a time when they were very happy and to describe the experience. They were also asked to describe a time when they were very unhappy. For most people, one thing that had made them the most happy or the most sad was their personal relationships with others. Much less important were their personal health, employment, money, and other material things. Build relationships with your family and friends through open and honest communication. A good marriage and good family relationships can be maintained through gentle, loving, thoughtful communication. Remember that often a glance, a wink, a nod, or a touch will say more than words. A sense of humor and good listening are also vital parts of good communication. Fifth, study the scriptures. They offer one of the best sources we have to keep in touch with the Spirit of the Lord. One of the ways I have gained my sure knowledge that Jesus is the Christ is through my study of the scriptures. President Ezra Taft Benson has called upon members of the Church to make the study of the Book of Mormon a daily habit and a lifetime pursuit. Sixth, many people, including me, have difficulty finding the time for sufficient rest, exercise, and relaxation. We must schedule time on our daily calendars for these activities if we are to enjoy a healthy and balanced life. Good physical appearance enhances our dignity and self-respect. Seventh, the prophets have taught repeatedly that families should teach one another the gospel, preferably in a weekly family home evening. This family practice, if we are not very careful, can slowly drift away from us. Satan is always working to destroy our testimonies, but he will not have the power to tempt or disturb us beyond our strength to resist when we are studying the gospel and living its commandments. My last suggestion is to pray often as individuals and as families. Parents need to exercise the discipline required to lead out and motivate children to join together for regular family prayers. Our youth can know the right decisions to make each day through constant, sincere prayer. The prophet Alma summarized the importance of prayer in these words: When I am in tune spiritually, I find that I can balance everything in my life much more easily. I realize, brothers and sisters, that other suggestions could be added to these. However, I believe that when we focus on a few basic objectives, we are more likely to be able to manage the many demands that life makes on us. Remember, too much of anything in life can throw us off-balance. At the same time, too little of the important things can do the same thing. Often the lack of clear direction and goals can waste away our time and energy and contribute to imbalance in our lives. A life that gets out of balance is much like a car tire that is out of balance. It will make the operation of the car rough and unsafe. Tires in perfect balance can give a smooth and comfortable ride. So it is with life. The ride through mortality can be smoother for us when we strive to stay in balance. With this as our goal, why not eliminate from our lives the things that clamor for and consume our thoughts, feelings, and energies without contributing to our reaching that goal? Just a word to Church leaders: Be very careful that what you ask from members will help them attain eternal life. For Church members to be able to balance their lives, Church leaders must be sure they do not require so much from members that they have no time to accomplish their personal and family goals. Just do the very best you can each day. Do the basic things and, before you realize it, your life will be full of spiritual understanding that will confirm to you that your Heavenly Father loves you. When a person knows this, then life will be full of purpose and meaning, making balance easier to maintain. Live every day with joy in your heart, brothers and sisters. I humbly testify that life can be wonderful, in the name of Jesus Christ, amen.

Chapter 4 : Spirituality for Our Time: Solitude, Silence & Stillness - Q Ideas

As crazy as our lives are, we truly can do things every day to balance the busyness with the just being human. I know that you can find this balance, and I challenge you to make the time for yourself.

Living Fully in Midlife and Beyond Make the most of midlife and beyond! This blog covers concerns you may have about emotional issues, health, sexuality, marriage, love relationships, parenting, retirement planning and more. Kathy McCoy Official Website: And I remembered a tearful conversation with my own mother years ago, when I was a busy and occasionally clueless twentysomething. I rushed to my mother and apologized to her for my thoughtlessness. She dried my tears and embraced me. The best thing you can do for me is to be happy and live your life. And I hear, especially from patients, about the dark side of parenting an adult child. Diana struggles to find a balance. She loves her mother and wants to be helpful, but she also feels besieged, criticized and unappreciated. There is so much love and so much pain between this mother and her adult daughter that a reasonable balance of needs and expectations is, so far, elusive. What can help keep adult children from feeling besieged and aging parents from feeling like they are, as the New York Times reader complained, "on a socially accepted ice floe when it comes to offspring"? The loving messages posted by his kids on his Facebook page warm his spirit -- and also the hearts of his friends reading the messages. Reframe feelings of being on the sidelines. Instead of feeling diminished and left out, one can get in tune with the rhythm of life. We can reframe being a "bit player" to "having a front row seat" or "cheering them on. And, as long as you live, they will always be central to your life. While you may feel pleasure watching your children find love and success, they may also feel pleasure watching you thrive in your own way. A dear family friend, Orlie Laing, who lived next door to us when I was growing up, was a particular inspiration. After retiring as a college professor and seeing his two children into independent young adult lives, he devoted himself to music, learning to play the violin, and to re-discovering his passion for figure skating. He became a competitive ice dancer and enjoyed the sport into his nineties. His children -- and those of us who also loved him -- were thrilled for him. Having your own life and interests can be a great gift not only to you, but also to your children. Let warm memories sustain you as you make new ones. Remembering your son or daughter as a baby or toddler who considered you his or her whole world can warm your heart. There may be times when you feel life passing you by. But participating in the party, minus the burden of being the central focus, can be even more satisfying. Now is a time to let go of old responsibilities and expectations. It is a time to celebrate your own independence. It is a time for new adventures of your own. When your life is full and happy, your children will be even more inclined to want to share time with you and to cheer you on, too, as you all explore your new phases of life.

Chapter 5 : Creating Balance in Our Busy Lives | Adam Miramon

The Meaning Of Balance Robin Long, July 23, July 23, , Finding Balance, 4 Given that this is a website dedicated to inspiring women to take a balanced approach to health and fitness - I find myself thinking about the concept of balance quite a bit.

If a child lives with hostility, He learns to fight. If a child lives with ridicule, She learns to be shy. If a child lives with shame, He learns to feel guilty. If a child lives with tolerance, She learns to be patient. If a child lives with encouragement, He learns confidence. If a child lives with praise, She learns to appreciate. If a child lives with fairness, He learns justice. If a child lives with security, She learns to have faith. If a child lives with approval, He learns to like himself. If a child lives with acceptance and friendship, She learns to find love in the world. However, when seen as an opportunity for personal growth for adults, parenting is one of the most creative and affirming experiences that life offers. It can be a mutual growth process for both parents and children. Yet while we are raising our children, parenting gives us chances to improve ourselves and broaden our own personal horizons as we model for our children the qualities we would like to see in them. For some of us, our own children give us a chance to become the parents we wish that we had. Because each one is born with unique potentials, children develop their own personality styles, temperamental rhythms, moral values, and interests. Still parents exert strong influences on these qualities, as do peers, teachers, and society during the school years. There was a time when parents raised their children without relying on expert advice. In those days aunts and grandmothers were available to help. But during most of this century families have been increasingly isolated from their extended families. Because childrearing seems to be a baffling and risky experiment, many parents have turned to experts. Unfortunately, that expert advice has been interpreted in the context of prevailing social trends and converted into childrearing fads that later have been cast aside along with the reputations of scapegoated experts whose names have been associated with those childrearing eras. Early in this century, John B. Watson warned parents against spoiling their children with unnecessary displays of affection and recommended imposing regular habits on them in order to instill self-discipline. The ideas of Sigmund Freud swayed the next era toward reasoning with children to help them become insightful individuals, capable of enjoying leisure as well as work. Now in the wake of the "Spock era," we can choose from a variety of experts. On the "conservative" side are those who encourage firmness and "tough love" with children. On the "liberal" side are those who minimize confrontation and stress negotiating with children. Finally for the "avant-garde" there is a plethora of advice on how to accelerate development in order to qualify children for prestigious nursery schools. Now parenthood has almost become professionalized so that many parents seek "the best way" to raise their children. Childrearing no longer is something that can be done by tradition, whim, or common sense. There presumably is a "right way" to put a child to bed, to leave a child with a sitter, to get a child started in school, and to have a friend over. Because being a parent is a career, like any career the harder we work at it the more we gain. The result is the general feeling that we cannot do enough for our children. Certainly we should raise our children better than we were raised. Whereas parents who reared their children in the seventies felt overwhelmed and needed their children to grow up fast to reduce some of the pressures on themselves, parents in the eighties believed that they could give their children a competitive edge that would make them brighter and more able. In our busy lives in the nineties we feel isolated from other parents. There is no time and there are few places for us to exchange ideas and share our experiences. The psychologist David Elkind concluded that parents in the seventies "hurried" their children to make them more mature, and parents in the eighties "miseducated" their children to make them more intelligent. According to Elkind, young children accept and participate in miseducation, because it pleases those to whom they are attached, not because they find it interesting and enjoyable. Miseducation thus creates internal conflicts between the natural inclinations of children and doing what others expect them to do. Miseducation can be more pernicious than hurrying, because it can lead to more deep-seated problems. Young people who have been hurried can take a year or two off before getting on with their adult lives, but miseducation, especially when combined with hurrying, can leave children with stunted creativity and with

conflicts in their own personalities. Many of us are confused and frustrated, because of our not entirely compatible goals: This situation was described vividly by Joan Beck, a columnist for the Chicago Tribune: Once it was assumed that teenagers felt a little awkward with contemporaries of the opposite sex, that it took a few adolescent years to get used to feeling comfortable about asking for dates, going out together and working up to kissing and beyond. There were generally perceived standards of sexual behavior, acknowledged by the media and at least nominally supported by adults. But teenagers today are expected -- at least by many counselors, clinics, advertisers, media messages, and each other, if not by parents -- to be sexually active and to work out a moral code of their own for coping with sexuality. They also are considered -- certainly by clinics, counselors, and school-based health centers -- to be mature enough to deal with the disciplines and difficulties of contraception. It used to be assumed that adults owed it to children to protect them from harm before birth and after, to remove foreseeable obstacles from their lives and give them time to mature before they had to face adult dangers. Now, babies die of AIDS in urban hospitals, one infant in every ten is born suffering from cocaine exposure, one child in five lives in poverty and countless numbers of adolescents are turned off by poor schools, pressured into gangs or caught in the webs of crack. The truth is that we are redefining children and childhood to fit adult needs and conveniences and to take a minimum of adult time and attention. When seen as a mutual growth process for parent and child, optimal parenting consists not of techniques but of the willingness to assist, and the ability to enjoy, the maturation of a child. Family life then becomes an exchange of ideas, emotions, and power as children and parents learn how to respect and influence each other. In family living both parents and children can learn about the meaning and purposes of their lives. Both parents and children can discover their true selves by affirming each other in a variety of interactions. For example, a baby and parent interact at different times as a nursing couple, a talking couple, a learning couple, and a playing couple. Interacting with the young can refreshingly help to keep adults young in spirit. Unfortunately, for many of us and our children family life has been painful. Marital discord and divorce have been the fate of one out of two marriages. Child neglect and child abuse are but the surface manifestations of the suffering experienced in many families. For many of us, both perceived and real financial pressures rob our family lives of time for relaxation and for pleasure. For all of these reasons, family life is stressful for many of us. In most of these situations, disillusionment in family life has been the result of the unrealistic expectation that our intimates should meet our own needs in a trouble-free environment. There has been a lack of recognition that intimate relationships really are love-hate affairs and that accommodating others is a necessary frustration that we experience in order to have our own needs filled. Family life inevitably necessitates that we sacrifice personal interests, particularly those related to careers, entertainment, and recreation. It means the loss of privacy, time, and personal freedom of action. It entails emotional, physical, and financial burdens, not the least of which are worries about the health, behavior, and achievement of our children. It means coping with annoying behavior, noise, and distractions. For women it even is a health hazard because of the complications and sequellae of pregnancy and delivery. Family life has radically changed for many of us. The combined force of these trends has affected childhood by the expansion of programmed experiences for children and the contraction of informal interactions with adults. As a result, because of their expanded knowledge and wider experiences as children, teenagers think they need adults less. Because children seem to be more world wise than in the past, we are more likely to assume that they can take care of themselves. Consequently many children and adults pass each other in the night, and their home environments become increasingly lonely for both. For these reasons some adults do not want to have children. Many young adults feel that they are too selfish or are not talented enough to raise children. Others simply do not want to be bothered by the demands of parenting. Some women do not want to endure the physical effects of childbearing and breast feeding. In addition some fear that the sacrifices involved in childrearing will alter their personalities. In each of these instances abortion and placement for adoption are options, but neither may occur, and unplanned parenting then becomes a resented responsibility. With all of these disadvantages associated with parenting, one wonders why it holds any attraction at all. In fact, parenthood is highly attractive to most of us. For most people both childbirth and child rearing are eminently creative acts that fulfill our biological destinies to reproduce and to be altruistic. In the deepest sense, a

biological child extends us into the next generation by fulfilling the species-survival instinct to live on in the next generation through our genes. In addition both biological and adopted children provide growth opportunities for ourselves through reliving our own childhoods and through being nurturing adults. Unfortunately, many of us do not realize our importance as role models for our children. We believe that it is what we do to our children -- what we punish, praise, and reward -- and not our own behavior that matters. In a more personal sense, a child is a psychological extension of each one of us. As such, children can bring out our true selves as we strive to grow with them and be models for them. Unfortunately, we tend to think of childhood as the time in life when we discover our talents, and we overlook parenthood as a similar time of discovery for us. Consequently, many of us are far removed from the mutual growth experience of childrearing and live in households that are little more than way stations for family members who lead separate lives. As financial necessity or the seductions of materialism entice us to pursue personal excellence and material rewards, many of us and our children lose access to each other as sources of pleasure and affirmation. As adults we face the pressures of work, our younger children are cared for by others, and our older children are immersed in extracurricular activities. As a result, the interactions between parents and children often are harried and mutually frustrating. Furthermore, some of us have difficulty relating to our children because we did not experience our own childhoods as rewarding interchanges with our own parents. We see parenthood as a burden rather than as a means of personal growth for ourselves. As a result we are preoccupied with our own lives, and our children are permitted and expected to assume adult behaviors too fast. Many of our children assume parental responsibilities at the expense of bypassing their own childhoods. In the light of these complexities, we need to establish priorities for our family lives.

Chapter 6 : Growing Together: The Key To Creative Parenting

The key to creating balance is to do exactly that - create or make time for the activities we truly enjoy. What activities in your life leave you feeling light and refreshed? What kinds of events prepare you to take on the challenges in your life?

When they are busy, they feel guilty for not playing with their kids or having a quiet time of prayer and Bible study. In this burden-lifting book, Glynnis Whitwer helps women examine their hearts and their schedules in order to seek a healthy and holy balance between work and enjoyment of both work and rest. She shows readers how to prioritize their goals and their time, how to be present in the moment as Jesus was, and how to find the freedom of true soul rest. But do we really have more to do than the women who came before us? This creates a cycle where everyone else sets the priorities for our days rather than us directing our own lives. You want to create lasting memories of special occasions for your family. But at the end of the day, you might not have the time and energy you wish you had to plan the perfect celebration. *Everyday Confetti* is your go-to guide to making holidays, birthdays, special events, and even the everyday special. Inside you find more than two hundred ways to make memories with your family, including easy recipes, fun activities, and inexpensive decorating ideas—all simple, doable, and stress-free. Thankfully, we can learn new ways of managing life. Glynnis combines encouragement with lots of tips on how to bring peace and order to your life. *When Your Child is Hurting* By Glynnis Whitwer published by Harvest House Publishers In this book, Glynnis identifies many of the inevitable hurts children experience and gives parents practical, effective advice to handle these painful situations. She also gently helps readers identify their own personal fears, painful memories, and angry reactions and understand how those emotions cloud their judgment and interfere with effective assistance. Transitioning home requires careful thought, organization and expectations. Glynnis helps readers analyze the true cost of working outside the home, create a budget, define a timeline, find employment at home, and be successful working from home. Why do we do it? What purpose and place does it have in our lives among a community of fellow followers of Jesus? This 6-week small group study guide explores the following issues: He wants us to change the world around us, which begins by understanding the power of a deep relationship with Him. This 6-week small group study guide explores the following topics: *The Character of God: Anderson and Glynnis Whitwer* published by Ampelton Publishing Knowing God makes all the difference in how we navigate our daily lives. Not know about God, but really knowing God as we know a friend and understanding the depth and nature of His character. This 6-week small group study guide covers the topics of the sovereignty of God, His unchanging character, His amazing grace, the trustworthiness of God, His nearness and His unending love. This 6-week small group study guide covers the topics of the family of believers, why community is good, loving one another, learning to forgive, cultivating spiritual growth and identifying our part.

Chapter 7 : The Burden of "Balance" - Daily Plate of Crazy

Whether at home, or at our favorite local restaurants, this precious time together provides us with a break from our busy lives, and time to talk, laugh (mostly at me) and re-connect. We are not.

They have schedules that are jam-packed with work, family commitments and, most importantly, parenting responsibilities. But I also know that if you ask a lot of kids today about their schedules, they will tell you that they have a lot going on with school, of course, and activities such as sports, music lessons, and church and after-school groups. My family is no different. In my new role at Pearson, I am busy with the development and distribution of our assessment and virtual learning solutions, and supporting our dedicated team of professionals who work with educators throughout North America. When traveling for work, I am so grateful for her shouldering much of the responsibility for managing the busy lives of our three boys--everything from shuttling them to and from basketball practice and taking them to the latest action movie sequel that I think are way too violent to helping with their homework projects. In the midst of our hectic lives, we find one activity that really unites us is family dinner. In the Binford household, we make an effort for the five of us to sit down at the table together every chance we get. Whether at home, or at our favorite local restaurants, this precious time together provides us with a break from our busy lives, and time to talk, laugh mostly at me and re-connect. We are not alone! According to an NBC News Parent Toolkit poll, sponsored by Pearson, families are gathering around the dinner table together more often than in previous years with nearly four in five parents surveyed 79 percent reporting that they have dinner with their families most days of the week. Even more exciting news is that the youngest generation of parents, Millennials, reported spending more time with their families over meals than did Baby Boomer parents. However--as I know all too well--these percentages are not uniform across-the-board. As you may suspect, working parents struggle with striking a balance between time at home and time away. Only 46 percent of working parents responding to the poll spend more time with their children than their parents did with them--for non-working parents that number is 63 percent. According to the poll, a little more than half of parents 53 percent are satisfied with their level of involvement, but almost as many parents 47 percent wish they could do more. I am an African American man, and my wife is part Latina and Irish. Raised by a single mom, I went to public elementary, middle and high school in the Bronx. I was fortunate to have a "very good" K educational experience; teachers that went beyond normal instruction and ensured I knew going to college was essential and "accessible," as well as extracurricular programs and coaching that led to a basketball scholarship which allowed me to avoid leaving college under the burden of student loans. It is no secret that as parents today, regardless of race, socioeconomic status or geographic location, many of us struggle with finding the perfect balance between our work, life and family. However, I think we are all united--as were our parents and grandparents--by deeply wanting our children to have access to the highest quality educational opportunities. The encouraging news is that our poll results paint an evolving picture: And the Binfords are a part of that picture. Whenever we can grab a minute from our busy lives, we: Play a game of "horse" on the court in our driveway. Work together on math homework. Plan our next vacation--where I am usually out-voted. And, of course, sit down for a meal and catch up! For more information about the project, see:

Chapter 8 : Books - Glynnis Whitwer

Modern conveniences have made our busy lives easier, but they have unintentionally brought unknown poisons into our homes. They are in the products you lather on your bodies, spray into the air, clean your homes, the food you eat, the furniture you sit on, the air you breathe and the water you drink.

It simply feels impossible to balance all that life throws at us on a given day or week. Take, for example, one of my clients. She is a young working mom with 2 kids, a husband, a full-time job and a nonprofit on the side. On top of these commitments she wants to maintain old friendships, build new friendships, keep a clean house, keep her style up to date, do Pilates, train for a half-marathon, cook wholesome meals, garden, read, volunteer at school, go to church, do crafts with her children, find time to relax, etc.. She wants to find balance but it simply feels impossible. Balance is often mis-understood as making all things equal and giving equal weight to all things. According to the dictionary, balance is defined as: Finding balance does not come from giving equal parts to all things. Unless of course, you decide that you want to just give a little tiny, exhausted bit of yourself to everything and never do anything with real, commitment, zest and intention. Living a balanced life means determining what is most important to you and expending your time and energy accordingly. Our society is busy and over-committed. Busy-ness is celebrated and encouraged as if it makes us more worthy and important. But I believe in order to find balance we have to avoid the trap of thinking that more things, more commitments, more everything is always better. We have to decide what it is that matters most to us and what is deserving of our time, energy, and even money, and then arrange our lives accordingly. Yes, you read that right, it is okay to do less! Finding balance comes from giving time and energy to the things that build you up and give you life. And likewise, eliminating the things that bring you down and stress you out. You can officially let it go! Keep the list short – no more than 8 – and attempt to spend your time and energy doing things that fall within those categories. Balance will not look the same for everyone. Finding YOUR unique life balance will simplify your life in a way that brings freedom and peace of mind. Want to join our online Pilates community? Sign up to be notified when we re-open enrollment to the public! I acknowledge that I can unsubscribe at anytime. For more information on how you we use your information, please visit our Privacy Policy. Something is wrong with your submission.

Chapter 9 : Burden Quotes (quotes)

Here's what educators and parents can do to help kids find the right balance between school and home. and parents feel the burden of the academic load. must be purposeful. If it's busy.

Wolf 6 Comments Recently, I addressed the recurring theme of finding balance in our work and family lives, through the health route. Specifically, I was addressing the issue of insufficient sleep , and reminding myself that to shortchange in that area is to shortchange everywhere else. In my enthusiasm, I penned my personal fantasy formula: While not intended to incorporate timeframes or priorities, only hours later did I realize how incomplete that equation is. Where is the time for parenting? What about running to the store for toilet paper? What about time toâ€¦ you know, use it? And dashing around town as you price shop for the best organics or the paper towels in bulk, not to mention gas for the car? Convincing yourself that balance is nonetheless achievable? There are only 24 hours in a day, last I heard. Your ability to make a living, that may indeed require far more than 8 or 10 hours each day, or your health? The quality of your relationships? What does that leave for everything else? And what if the quality of sleep is poor, interrupted, or sleep cycles are erratic? Besides, if we sleep 6 we still have a whopping 18 hours of time we can fill! That should be plenty! With a family, an adult might need to devote 3 hours of the day to cooking and eating. For some of us, 20 to 40 minutes each day is sufficient â€” running, biking, walking â€” easy on the accessibility if no inclement weather. Naturally, we have to dress for the exercise, get ourselves to and from if applicable, and typically, shower after. Now are we talking an hour each day? A girl has to keep herself in shoes. Seriously, what if your work week truly requires this level of effort to pay your bills and support your family? Just keep goingâ€¦ until you drop? Using 10 hours for a work day, we have 4 hours remaining. The fruit of our labors, or not so muchâ€¦ Is balance little more than a myth of an unachievable promised land â€” at least for some of us? My Real Life My own reality is this: This is an American dilemma â€” a complex one, and not an individual issue though pop culture would tell us otherwise.