

Balancing
Wednesday, April 14, 2010

How are you doing at living a balanced life? Is it working for you?

In Bishop Robert Schnase's book, *The Balancing Act*, he shares an image of a tightrope walker who "steps out onto a wire line stretched tightly high above the ground between two tall posts while carrying a long, horizontal pole. Inch by inch the tightrope artist gracefully moves across the wire. But whether she dances, walks, or stands still, there's always a constant perceptible motion of teetering slightly this way and that. These movements represent the inevitable pull of gravity to one side and then the other, and of her constantly offsetting these forces with tiny corrections and adjustments. The long, horizontal balancing pole totters slightly, rising a little on one side while falling a little on the other. In short, the tightrope walker with her excellent sense of balance is never completely balanced; she is always *balancing*."

He goes on to suggest that maybe we should abandon the notion of living a balanced life, as an image of something we arrive at. He suggests that maybe we should look at attempting to live a balanced life as something like that tightrope walker, something we are constantly in the process of working toward.

I like that image. It has helped me to begin looking at how I am living today. It has helped me to work at trying to build healthy practices into my life, today, as a way to be in the process of constantly *balancing*.

The reason I have found this helpful, is that it is a reminder that living a healthy life, spiritually and physically is a constant process. It is a constant movement.

Bishop Schnase even reminds us later in the chapter that "Jesus' teachings are full of action words and heavy-loaded with imperatives: "Go . . . Teach . . . Heal . . . Baptize . . . Take up . . . Give . . . Tell . . . His practice of ministry also included rich times of personal prayer, extended rest, time away, dinners with friends, long walks, fishing trips, stopovers at water wells, time in the temple, Sabbath. If Jesus' life required constant balancing, what makes us think we can work ours out with complete and un-improvable success?"

Balance; how are you doing with balance in your life? What do you need to begin working on today to bring about more balance, more wholeness, more sense of God's love and grace in your life?

My prayer is that you will take some time to give yourself a check-up on bringing the balancing act into your life.

In the hope Jesus offers us,
Rev. Scott Carlson

The Mission of Sun Prairie United Methodist Church is to invite and welcome people to be committed and compassionate followers of Jesus Christ through worship, through spiritual growth, through fellowship and through service to others.