

May 8, 2011

# Balancing

As Jesus and His disciples were on their way, He came to a village where a woman named Martha opened her home to Him. She had a sister called Mary, who sat at the Lord's feet listening to what He said. 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!"

"Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her." Luke 10:38-42

\_\_\_\_\_ views of time:

- \_\_\_\_\_ oriented cultures
- \_\_\_\_\_ oriented cultures

\_\_\_\_\_ approach to time:

- \_\_\_\_\_ time
- \_\_\_\_\_ time

The apostles gathered around Jesus and reported to him all they had done and taught. 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." Mark 6:30-31

Using \_\_\_\_\_ of time:

- Hard \_\_\_\_\_, faithful \_\_\_\_\_
- \_\_\_\_\_ decisions, applied \_\_\_\_\_
- \_\_\_\_\_ centred, \_\_\_\_\_ assisted

## Worksheet on Balanced Living

Mark each item as honestly as you can using the following rating system:

1=Hardly ever    2=Occasionally    3=Sometimes    4=Often    5=Nearly always

- \_\_\_ 1. I am able to keep up with my workload without taking time from other important things and people in my life.
- \_\_\_ 2. I am free from guilt feelings for work not done as well as it might have been, and for work left undone.
- \_\_\_ 3. When there is more work than I can handle, I can leave it, physically and mentally, so that it doesn't bother me after work.
- \_\_\_ 4. I have ample time and energy to enjoy my friends.
- \_\_\_ 5. I take a day of rest weekly.
- \_\_\_ 6. I get enough sleep to maintain good physical and mental well-being.
- \_\_\_ 7. When those close to me need to spend time with me, I take the time.
- \_\_\_ 8. I am free from symptoms of overwork such as fatigue, irritability, sleep disturbances, depression, and difficulty concentrating.
- \_\_\_ 9. I take the time I need to spend with God, without feeling hurried or hassled.
- \_\_\_ 10. I am able to maintain sufficient communication with friends, family and others who are important to me.

For married persons:

- \_\_\_ 11. My spouse is satisfied with the amount of time and energy I have for him or her.
- \_\_\_ 12. I am satisfied with the amount and quality of time I am able to spend with my spouse.

For married who are also parents:

- \_\_\_ 13. The amount of time and energy I have for my children is sufficient.
- \_\_\_ 14. I give adequate time for regular and special family activities.
- \_\_\_ 15. When I'm with my family, I'm free from concerns about other responsibilities and problems.

\_\_\_ **Total Score**

Note: Total scores are not as important as what you will do about it, and the effect on others.

Adapted from "Maintaining Margin," Sharpening Your Interpersonal Skills (SYIS) <http://www.itpartners.org/> for use in "Time Flies" series at Island ECC

### COMMENTS, PRAYERS AND PRAISES

We have a team of people who are praying for our church body regularly. If you have a praise item or prayer request that you would like to share with our prayer warriors or a comment for church leaders, please complete the form below.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name

Mobile Number

Email

Please come along my prayer/praise but without my name

### WELCOME TO ISLAND ECC

Thank you for worshipping with us today! If you are new to Island ECC or want to get connected to our community, please complete this short form and drop it in the offering bag, or at a designated box on the 1st or 2nd floor. Also be sure to check us out at [www.islandecc.hk](http://www.islandecc.hk)

Name

Mobile Number

Email

Today I attended the service at:  
 9.30am     11.30am     5pm

On the:  
 1st Floor     2nd Floor