



## Week 4: Building Blocks of Balance

**Prayer:** *Loving God, we trust you. We pray that you use your Spirit to enliven our gifts as we lead lives of joy and balance. Amen.*

### **Scripture: Philippians 4.9**

Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

### **Something to Think About**

Is it every mom's dream to live the ideal "balanced life?" What is that exactly? Below you will find a list of 24 human strengths that help people build balanced and happy lives that researchers have identified. Read over the list and choose the strengths you think are your strongest characteristics and why. Ask any moms who know you well if they see additional strengths.

- Creativity
- Curiosity
- Critical thinking
- Love of learning
- Wisdom
- Bravery
- Persistence
- Integrity
- Vitality
- Love
- Kindness
- Social intelligence
- Citizenship
- Fairness
- Leadership
- Forgiveness/mercy
- Humility
- Prudence
- Self-control
- Appreciation of beauty and excellence
- Gratitude
- Hope
- Humor
- Faith





# moms

mothers offering mothers support



It is interesting that we often equate balance with a blissful state of relaxation. But when we look at people who are experts at physical balance – jugglers, tightrope walkers, gymnasts – we see a mix of focus and flexibility.

So when we ask ourselves “How do I get more balance in my life?” and set out to achieve that goal, we may need to avoid being overly serious, rigid, and inflexible. We may want so desperately to hold on to what we think is our sense of balance that we avoid taking risks or trying new things.

Also, the very fact that you are gathering with others is a sign of balance. Having rewarding and affirming relationships is an important and integral part of developing a balanced life.

## Discussion Questions:

- ❖ What are your strengths?
- ❖ What would you add to this list?
- ❖ What does having a balanced life mean to you?
- ❖ What is out of balance right now?
- ❖ Where can you give yourself more grace and flexibility?
- ❖ Where do you need some re-sets and accountability?

## Sharing Prayer

- ❖ Close with this prayer or another you have: *Holy One, we pray for balance in tending to our needs and the needs of our family along with the needs of our community and world where we can use our gifts for your greater good, Amen.*

