

“In the Word” — A Balancing Act

By Janice M. Wendorf

Life is a balancing act. The list of items we balance may include time, diet, exercise, spending, relationships, family, employment, checkbooks, and even the tires on our cars. In our cluttered world, it is not easy to keep a balanced daily life. The scales are always tipping one way or the other.

Each day it seems that my calendar is full: someone to call, something to write, someplace to go, somewhere I need to be, some goals to meet, and the “somes” go on. I’ve been told the way to balance one’s life is to schedule time wisely, make lists, prioritize those lists, and follow through with your plan. The Mayo Clinic Web site lists 14 ways to manage life from keeping a log, to learning to say “no,” to rethinking your cleaning standards, to getting enough sleep, and so on.

These tips are all well and good, but I would like to talk about another balancing act in a Christian’s life: our time “In the Word.”

Your president’s vision for the LWML includes the statement that we would be known as Lutheran Women in Mission who are “In the Word” — honoring a daily appointment with the Father and His Word. This becomes a balancing act for me.

I have found a place that has few distractions in which to meet the Lord each day. Actually, my choice place is at the kitchen table. Once in my appointed place, the balancing act begins! I have divided this time into four parts: (1) reading the Bible and the devotional guide; (2) digesting and journaling what I have read; (3) spending time in prayer; and (4) allowing time for God’s Word to speak to me.

Some days, it would be so easy to just read through the section of Scripture, pray, and consider my appointment complete. The challenge for me is to be serious about the time to be quiet and allow my heavenly Father to communicate with me through His Word. *Be still and know that I am God* (Psalm 46:10). I have found that when my balancing scale tilts toward the quiet, listening time, the other areas of my life are in better balance.

How is your life being balanced? I urge you to honor your daily appointment with the Father and His Word. Put your life on an imaginary scale. Look at what you see and, if necessary, make adjustments. He is calling us to meet Him, to find peace and joy for our daily living, and to live in the hope of seeing Him face-to-face one day.

With God as our fulcrum, the balancing act becomes easier and our lives of mission-ministry have direction and purpose. Create a quiet time with your heavenly Father, guard it, protect it, and enjoy it. And know that He is God!



*As I strive to do what is urgent today,
help me not to neglect the important.
Keep me aware of Your constant companionship.*

You Are Loved, Alma Kern

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