



MONDAYS

with Mike

Finding life's rhythm, not life's balance

Dwight Mason, Lead Pastor at NewPointe Community Church, shares the following reflections about the difference between a balanced life and a life of rhythm:

- True balance does not exist. Life is constantly in flux. Things are always changing.
- Life is a tension to manage, not a problem to solve.
- The notion of balance implies that we should be doing a lot of things at the same time. But in reality, we should be doing a few things at the right time.
- Balance shouldn't mean equal time spent on equal activities. Balance should mean appropriate time spent on critical priorities.
- Focus and timing are the keys to a life of rhythm. When we focus our efforts at the right time, we will find that we can get a lot more done in a much shorter period of time.
- Instead of asking, "How can I fit more in?" try asking:
 - Is what I am doing right now the best use of my time at this moment?
 - Am I accomplishing the most important thing at the most opportune time?

We all have so much on our plates, be that with family, work, church, health, etc. Dwight's comments help us slow down and frame life's activities, establishing a rhythm to addressing all that comes our way.

Get into a great rhythm this week!

