

# Challenged by Life...Powered by God

(Case Studies in Christian Challenges)

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This monthly series of case studies illustrate the challenges presented to us as Christians. Facing these common challenges is inevitable. How we respond to those challenges is what defines us as human beings and whether others observe and mimic or take notice and mock. It should be our desire as Christians to serve as that coveted example worth mimicking 100% of the time. See if this case study has presented similar decision points and challenges in your life. I would love to hear your reactions, thoughts and alternative approaches in the comments section below.

## The Case of the Balanced Life

We should all take pride in our work life and strive to excel in every phase of our chosen profession. God wants us to be the best employee, boss, friend, brother, husband, father, grandfather, etc. Within that spectrum, we should strive for balance. Too many people define themselves by their job rather than who they are as a person. Take it from someone who has lost his job more than once...jobs can come and go but you define who you are and your value to others by your actions. Case in point...have you ever heard anyone say as they approached the end of their life, "I wish I had spent more time at work!" I suspect that you have heard many people say, "I wish I had spent more time with my family, or I wish I had played with my kids more, or I wish I had taken my parents on vacation when they were alive." So if you agree with my observations, why is it so hard for us to learn and adjust?

## Make a Point to Share Time

Take action and check a few items off of this list and judge two reactions. How did you make the person feel that you are supporting and how did that make you feel? If you focus on this list and any list you choose to put together you will automatically gravitate to a more balanced life.

- Go to a niece or nephew's soccer game.
- Take your spouse to lunch on a work day.
- Teach your grandchild how to use a power screwdriver.
- Go to a school play and cheer for the kids.
- Give your adult kids some leisure time by having their kids "sleep over."
- Pick up your parents and take them to church.
- Take a walk in the park and have a quiet conversation with a loved one.
- Help a friend with a house project.

This list can be infinitely long. The key is to make the list your own, execute the plan and enjoy the reaction.

### **What Happens at Work?**

If we strive to have a more balanced life, will that make us a less desirable employee or less successful? You be the judge. Would you rather hire a balanced, well adjusted, happy person who takes their job seriously and projects their positive outlook on every employee, visitor and customer interaction? Or would you rather hire a driven, stressed, highly motivated person who projects impatience or worse yet, anger? Balanced employees are incredibly productive and valuable. A real life analogy is the wood cutter that takes time to sharpen his saw is much more productive than those that choose to saw continuously without regard for the effectiveness of their key tool.

### **But I Don't Have Time...**

This is the worst excuse in history for not striving for a balanced life. We have time to do what we want to do. We just need to re-evaluate our choices. What if I took a few minutes to pray every morning? What if I kissed my spouse and said "I love you" every day? What if I increased the percentage when I arrive home on time? What if I performed a random act of kindness every day? Having balance is not about adding things to our plate. It is about replacing things on our plate with activities that make us happier, healthier, more at peace and as a result more successful in our personal and professional lives.

### **No Regrets**

So we are only in the second month of 2018. How will we live our lives this year? Will it be another year of regrets or will we make real changes that impact our lives and those around us in a positive way. Our challenge as Christians is to lead our lives in a manner that would make God proud of us. The inevitable outcome is we will enjoy our personal time, be invigorated to tackle our professional challenges and will not miss anything that happens to fall off our plate. Take action now and make it a "no regrets" 2018!

What are your thoughts?