

*So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.*

*Galatians 6:9 (NLT)*

## **Balance**

**You're weary and worn out. I can see that. You have been working very hard. I know that. You have exhausted yourself physically, emotionally and spiritually. Don't think that I like what I see. Don't think that I ever want you to reach such a depleted condition. There is nothing praiseworthy in that. There is no blessing in reaching the point where you can go no farther or give no more. You have allowed your life to get out of balance. You have lost your joy. You have no vibrancy within you. That is not my plan. This is not my will. What is your plan? What is your will? I want what you want. I'm glad to hear that.**

**My plan is that you will rely on me. Your own strength will not be enough to sustain you. Draw near to me and I will draw near to you. I will revive you. I will refresh you. I will restore you. Allow me to fill you afresh with my Holy Spirit. Rely on my strength to carry you. Rely on my strength to sustain you. Come to me now. Rest in my presence. Receive your guidance from me. Allow me to guide and direct your life. I will lead you to where I want you to go. I will show you what I have given you to do for me. Don't yes say to every request that comes your way. Do what I give you to do for me. Do nothing more. Do nothing less. It is a trick and a trap to wear yourself out in doing too many things. I will give you wisdom. I will help you to know what I want you to do for me. Does all this make sense to you? Will you do what I am asking of you? Yes Lord, I will do what you are asking of me.**

**You live in a body. That should come as no surprise to you. It doesn't. You are not taking good care of your body. You can do nothing for me if you don't take proper care of your body. What do you have in mind? You must get adequate sleep. You must eat a healthy diet. You must get good exercise. I get it. I will take care of my body. I have more to say to you. I'm listening. I want you to enjoy the life that I have given to you. I want your life to be filled with my joy. Do things that you enjoy. Take time to unwind. There is a time to relax just as there is a time to work. I want others to see my joy in you. Does this make sense to you? Yes, it does. You want me to work and play hard. Yes, I do. With your life in balance you will not grow weary. You will bear an abundance of fruit as you keep on serving me.**

*Lord, there have been many times I have let my life get out of balance. I have not had adequate sleep, good exercise and a healthy diet.*

*I have relied on my own strength. Revive my life as I meet with you in prayer. Fill me and refresh me with your Holy Spirit. Amen*

**If** *Do Not Give Up*  
Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.  
NIV Galatians 6:9

**If** *Do Not Give Up*  
And let us not grow weary of doing good, for in due season we will reap, if we do not give up.  
ESV Galatians 6:9

**If** *Don't Give Up*  
So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.  
NLT Galatians 6:9

**If** *Do Not Lose Heart*  
And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.  
NKJV Galatians 6:9

**If** *Do Not Give Up*  
So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up.  
NRSV Galatians 6:9

**If** *Don't Give Up, Or Quit*  
So let's not allow ourselves to get fatigued doing good. At the right time we will harvest a good crop if we don't give up, or quit.  
MSG Galatians 6:9

**If** *Don't Loosen And Relax Courage And Faint*  
And let us not lose heart and grow weary and faint in acting nobly and doing right, for in due time and at the appointed season we shall reap, if we do not loosen and relax our courage and faint.  
AMP Galatians 6:9

**If** *Don't Give Up*  
So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.  
TLB Galatians 6:9

**If** *Don't Give Up*  
So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.  
NASB Galatians 6:9

**If** *Don't Give Up*  
So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.  
NCV Galatians 6:9

# Don't Give Up

Year \_\_\_\_\_ Week \_\_\_\_\_ Day \_\_\_\_\_ Date \_\_\_\_\_

**If** – Galatians 6:9

**In Context:** *Read Galatians 6*

**Begin With Prayer:**

***Here I am Lord. I Am Listening.***

**Meditating On God's Word:** ***(What is God speaking to your heart?)***

So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. Galatians 6:9 (NLT)

**Considering The Words:** ***(What words speak to your heart?)***

So let's | not | get tired | of doing | what is | good. | At just | the right time | we will | reap | a harvest | of blessing | if we | don't | give up. Galatians 6:9 (NLT)

**Praying The Scripture:**

***(What prayer from your heart will you write?)***

Lord, there have been many times I have let my life get out of balance. I have not had adequate sleep, good exercise and a healthy diet. I have relied on my own strength. Revive my life as I meet with you in prayer. Fill me and refresh me with your Holy Spirit. Amen

**What It Means:**

***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

**Why will you wear out and grow weary of serving the Lord if you rely on your own strength?**

When have you been so weary that you wanted to give up on doing what the Lord had given you to do for Him?

**How has the Lord revived and refreshed your life so that you could keep on serving Him?**

How are you making it your practice to spend time in prayer with the Lord so that He can refresh your life?

How are you making sure that your life does not get out of balance physically, emotionally, and spiritually?

Why is a healthy balance of sleep, exercise and diet important in maintaining your vibrancy in serving the Lord?

**How has the Lord been bearing a harvest of fruit through your life as you have served Him?**

**Living It Out:**

***(What action step is God guiding your heart to take?)***

Rely on the Lord to give you all the strength that you will need to keep on serving Him.

**Seeing It Happen:**

***(What are you trusting God for in your heart?)***

Have faith that you will reap a rich harvest for the Lord if you never give up on serving Him.

**Get Ready To Share:**

***(What can you share with others from your heart?)***

Share with another person or your small group how the Lord has strengthened you to keep on serving Him.

**Close With Prayer:**

***Quiet Yourself Before The Lord***

*Pause And Offer Prayers Of...*

*With An Attitude Of Faith Listen To What The Lord Wants To Say To You*

Adoration... \_\_\_\_\_

Thanksgiving... \_\_\_\_\_

Confession... \_\_\_\_\_

Intercession... \_\_\_\_\_

Petition... \_\_\_\_\_

**Journal**

*As You Quiet Yourself Before The Lord*

**What Do You Want To Say To Me Lord?**

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**What Prayers Are You Praying Today?**

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**Prayer Of Blessing**

*(What Prayer Of Blessing Can You Pray For Another?)*

*May you never tire of doing good so that you will reap a rich harvest because you did not give up.*

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**Prayer To Carry**

*(What Prayer Would You Like To Carry Throughout Your Day?)*

*Lord, I will never tire of doing the good that you give me to do for you.*

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**What Do You Want To Remember About Today?**

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**A Question To Ask God**

*(What Would You Like To Ask God?)*

*Lord, how can I be strengthened so that I will never tire of doing the good you have given me to do for you?*

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