

**A Balanced Life**

Living Life - (# 3)

November 28, 2021

**TEXT:** Matthew 6:5-18

**KEY VERSE:** Daniel 9:3

**Daniel 9:3** And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes:

**Serving Christ brings about a balanced life.**

1) \_\_\_\_\_ (Spiritual).

3) \_\_\_\_\_ (Emotional).

2) \_\_\_\_\_ (Financial).

4) \_\_\_\_\_ (Physical).

**Text:**  
**Matthew 6:5-18**

**Key Verse:**  
**Daniel 9:3**

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**Key Verse:**  
**And I set my face  
unto the Lord God,  
to seek by prayer  
and supplications,  
with fasting,  
and sackcloth,  
and ashes:  
(Daniel 9:3)**

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**People love to be  
victorious.**

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A Balanced Life  
Living Life – (# 3)

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**Inviting Christ  
into your life  
is the beginning,  
allowing Him  
to have your life  
is the blessing.**

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**Serving Christ  
brings about  
a balanced life.**

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**1) Praying (Spiritual).**

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**But thou, when thou prayest,  
enter into thy closet,  
and when thou hast shut thy door,  
pray to thy Father  
which is in secret;  
and thy Father  
which seeth in secret  
shall reward thee openly.  
(Matthew 6:6)**

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References

**Galatians 5:16**

**Galatians 5:25**

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**As we spend time  
in the word of God,  
our love for  
and understanding  
of God grows,  
and our prayers  
will reflect that  
spiritual change.**

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**Pray without ceasing.  
(1 Thessalonians 5:17)**

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**Prayer is talking to,  
and listening to God.**

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**1) Praying (Spiritual).  
2) Giving (Financial).**

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**11 Give us this day our daily bread.  
12 And forgive us our debts,  
as we forgive our debtors.  
(Matthew 6:11-12)**

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**The answer  
to receiving,  
is giving.**

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References  
**Galatians 6:7**

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**Tithing is instructed  
by God.**

**When God has  
our pocketbook  
then He usually has  
everything else.**

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References  
**Malachi 3:8**  
**Malachi 3:10**

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**When someone  
skimps on their tithes,  
they are robbing God,  
and depriving  
themselves and  
their family.**

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**Every man according as  
he purposeth in his heart,  
*so let him give;*  
not grudgingly, or of necessity:  
for God loveth a cheerful giver.  
(2 Corinthians 9:7)**

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- 1) Praying (Spiritual).**
- 2) Giving (Financial).**
- 3) Forgiving  
(Emotional).**

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**14 For if ye forgive men  
their trespasses,  
your heavenly Father  
will also forgive you:  
15 But if ye forgive not men  
their trespasses,  
neither will your Father  
forgive your trespasses.  
(Matthew 6:14-15)**

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**Often someone's  
emotional wellbeing is  
intertwined with their  
willingness to forgive  
or not forgive others.**

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References  
**Matthew 18:21-22**

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**We receive forgiveness  
from Christ,  
and we must also  
extend genuine  
forgiveness for others,  
all the time,  
no matter what  
they have done.**

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**The Scriptures teach us  
that we will be forgiven  
only through our  
willingness and  
obedience to  
forgive others.**

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References

**Matthew 18:15**

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**Practice forgiving  
and with that,  
practice forgetting.**

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**As far as the east is from the west,  
*so* far hath he removed our  
transgressions from us.  
(Psalm 103:12)**

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- 1) Praying (Spiritual).**
- 2) Giving (Financial).**
- 3) Forgiving  
(Emotional).**
- 4) Fasting  
(Physical).**

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**Moreover when ye fast,  
be not, as the hypocrites,  
of a sad countenance:  
for they disfigure their faces,  
that they may appear  
unto men to fast.  
Verily I say unto you,  
They have their reward.  
(Matthew 6:16)**

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**It has been said that  
fasting is the bridge  
that connects us  
with God  
and prayer  
is the vehicle  
that gets us  
across that bridge.**

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**Fasting is  
getting closer to God  
faster.**

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References  
**Matthew 4:2**  
**Luke 2:37**

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**Paul the apostle stated that he kept his body under subjection to the Spirit of God.**

**Perhaps one of the reasons he was able to keep his body under subjection was because he fasted often.**

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References  
**1 Corinthians 9:27**  
**2 Corinthians 11:27**

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**If we practice prayer,  
giving, forgiving,  
and fasting,  
we will discover  
a higher,  
spiritual plane of life  
where we will enjoy  
God's blessings.**

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**Serving Christ  
brings about  
a balanced life.**

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- 1) Praying (Spiritual).**
- 2) Giving (Financial).**
- 3) Forgiving  
(Emotional).**
- 4) Fasting  
(Physical).**

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**Serving Christ  
brings about  
a balanced life.**

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