

## Balancing Life & Ministry

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Eran Holt & Andy Lynn

### Summary

This video discusses the concept of achieving balance in life and ministry. The speakers, Eran Holt and Andy Lynn explore three key commitments for maintaining balance: making daily choices that create margin, constantly evaluating and adjusting based on changing seasons and having a plan that addresses six areas of life (spiritual, family, relational, emotional, physical, and leadership). They emphasize the importance of being spirit-led, prioritizing character development over accomplishments, and recognizing that proper balance is a macro perspective rather than a rigid daily routine. The speakers provide practical strategies, such as intentionally leaving unscheduled time, examining which areas need more attention, and aligning one's calendar with personal growth goals.

### Main Points

#### First Commitment: Daily Choices

The first commitment to balance involves making daily choices that create margin. Andy suggests intentionally leaving unscheduled time in one's schedule to allow for flexibility and being spirit-led. Eran emphasizes the need for discipline and motivation to make wise choices that align with one's calling.

#### Second Commitment: Constant Evaluation

The second commitment is constant evaluation, recognizing that balance looks different in various seasons of life. Eran and Andy discuss the importance of regularly assessing whether current practices are still effective and making adjustments as needed. They highlight the need to keep Jesus at the center and view balance from a macro perspective.

## Third Commitment: A Plan for Six Areas

The third commitment involves having a plan that addresses six areas of life: spiritual, family, relational, emotional, physical, and leadership. Aaron and Andy suggest identifying which areas need more attention and focusing efforts there, as imbalance in one area affects the others. They encourage aligning one's calendar with personal growth goals rather than solely accomplishments.

### Action Items

- When planning your schedule, intentionally leave unscheduled time to create margin, allow for flexibility, and be spirit-led.
- Regularly evaluate whether your current practices and routines are still effective in maintaining balance, and make adjustments based on changing seasons of life.
- Examine the six areas of life (spiritual, family, relational, emotional, physical, and leadership) and identify which areas need more attention or balance.
- Align your calendar with personal growth goals and character development rather than solely focusing on accomplishments.
- Keep Jesus at the center and view balance from a macro perspective, recognizing that proper balance is not a rigid daily routine but a holistic approach.