

Finding Balance

What is balance?

These questions can be used at meal time or at bed time to encourage conversation in families. The first exercise can be a starting point and the other questions can be used to dig a little deeper.

We can think about balance in terms of a simple exercise. Think of Goldilocks and the Three Bears. Goldilocks found that the baby bear's chair, porridge, and bed were "just right." When we think about balance in our lives, that means that we spend just the right amount of time on whatever activity we are considering.

So think about the time before we had to stay at home:

Did school work feel like it was too much, too little, or just right?
Did your activities feel like they were too much, too little, or just right?
Did chores feel like they were too much, too little, or just right?
Did play time with others feel like it was too much, too little, or just right?
Did play time alone feel like it was too much, too little, or just right?
Did rest time feel like it was too much, too little, or just right?
Did physical activity feel like it was too much, too little, or just right?
Did your time with family feel like it was too much, too little, or just right?
Did time with friends feel like it was too much, too little, or just right?
Did prayer time feel like it was too much, too little, or just right?
Did worship time feel like it was too much, too little, or just right?

Now think about the past few months when we have had to stay home (for the most part) and ask those same questions.

What would you like to change? What would you like to keep the same?

What does "balanced" mean to you?

As you get ready for bed at night, does it feel like you have spent too much time doing one activity and not enough time on others?

What activities make you feel happy?

What activities make you feel sad?

What activities make you feel tired?

Where is God in your activities?

How can you be more aware of God?

