

Angie's Marriage Column – September 9, 2015

Living a Balanced Life and Marriage

We learned a long time ago that if we want to feel good, we must live “everything in moderation” and some things even minimal; we figured out rather quickly once we reached our mid forties that if we keep eating potato chips and ice cream twice a week it will catch up to us; we learned that if we watch and read too much negative movies and news that our mental and emotional health will be deprived of goodness and love; we don't think anyone would disagree, the garbage on television catches up with us and before you know it, we begin to believe and act just like the garbage we're watching.

We believe that the way we live our life comprises the amount of peace and happiness we have. What I'm saying is, our contentment within, no matter how big or how little is a direct consequence of what we eat, what we hear, what we see, what we do, etc. **This is why the ideal standard for total health is in having a balanced lifestyle.**

The best way to understand about what it means to have a balanced life is to first understand how we were created. We are human beings with physical, mental, emotional and spiritual needs. And if just one aspect of our being is devoid of its needs we will suffer for it through poor health. We are created in such a way that if one part of self is suffering it will affect the other parts in some way. For a healthy balance all the parts of our person work together to bring complete wholeness of being.

Human beings are much more complex spiritually and more intelligent than animals. Have you ever looked at your beloved pet and thought, “gee my German Sheppard looks sad today”, or “my dog seems anxious today?” If an animal has such feelings, imagine how much more humans do. Our pets rely totally on us for their needs to get met and they bring us personal enjoyment and security.

Who do we rely on? If you said “self” self is not good enough. Do you know why? Human beings were not meant to rely on self for their emotional, physical and spiritual needs. Remember the movie “Castaway” with Tom Hanks? What happened to him when he was alone? Emotionally and mentally he was going almost loony from lack of companionship being stranded for years on an island; he went so far as to become friends with an inanimate object, a soccer ball. However, if a person chooses to rely on the self for their needs, mental, emotional and physical that is entirely up to them, but they will not be a very happy or content people. Notice I omitted the spiritual need and that’s because the self cannot fulfill that need; it comes from another.

It is especially important for married couples to be living a healthy, balanced life BECAUSE the one flesh of marriage will be disadvantaged in some way if one or both needs healing. Marriage is VERY MUCH serving one another and taking care of each other’s needs. But how can that be possible if one or both couples are needy themselves?

Take a look and see if you are living a balanced life.

Physical Lifestyle

Do you wake up in the morning feeling refreshed and well rested? Are you within your ideal weight by five to eight pounds? Are you involved in a physical activity at least once a day to get your heart rate pumping? Do you eat a healthy diet? A healthy diet should consist of at least four to six servings of a raw food in a 12- hour day.

Most nutritionists say that eating a variety of (raw) colorful fruits and vegetables ensures we receive our daily intake of nutrients that our body needs for nutritional balance. An example of this is to eat a red apple with our breakfast, dark leafy greens in a salad (not iceberg lettuce) with lunch, a yellow orange for snack, and a purple cabbage slaw with dinner and an orange carrot for a snack after dinner. It’s all in the colors.

Emotional and Mental Lifestyle

Emotionally, the balanced person does not feel in lack or in need for anything, even if they don't have much. However, far too many people have their priorities misaligned and that brings undue stress and anxiety. A little bit of stress is normal, but when we become too stressed, it leads to physical health issues.

Unfortunately, many of us put money and careers in front of all that is important in life and in doing so we become gluttonous to always wanting more, while our relationships with our spouse, children and friends is deprived and superficial. **Understanding what is truly important in life and then living “for that” is what brings us meaning in life and is what provides us balance in the emotional sense.**

Some people may be mentally and emotionally unwell because of past baggage. Perhaps they had an alcoholic parent, or maybe they felt unloved and were abandoned as a child. Whatever it is, you have to learn to move away from that place and heal the wounds. Live for today, not yesterday!

Did you know that wounds from the past will harm all the relationships you have with others in some way? **The incomplete person needs healing to become whole so they can actually “love” others properly.** Forgiveness heals many wounds because it takes the negative weight from our emotional state so we can be free to love without issues. If you are married then it is absolutely essential to get healing so you can love the way Christ has showed us to.

Mentally, the balanced person feels good about who they are. They generally have good relationships with others. Having good mental health does not mean you won't ever have negative feelings, but that you won't let your negative feelings control you and your behavior. It's normal to feel our emotions - that's not what I'm talking about here. If a person is still dredging up the past from months or years ago then they still need inner healing.

Remember: life is going to have its stresses and challenges but that does not mean we can't learn to get past them. Mentally healthy people are far

more prepared to face their challenges and resolve them instead of lingering in them.

Spiritual Lifestyle

Co-dependence, addictions, negative feelings, and inadequate relationship skills are directly caused by being too dependent on how the world moves rather than on how God moves. Some of us become so absorbed with the physical elements of our life rather than the spiritual that we lose touch with reality. Where is the balance in that?

We're not talking about organized religion here. Organized religion is for some people who still need to have a guide helping them along the way towards whatever things spiritual they are seeking. Church is a starting point or place to meet like-minded people and perhaps find encouragement and solace for our problems, but many times the church scene can stunt our growth with Jesus.

We cannot have a growing, personal relationship with Christ through a pastor, priest, pope, counselor, or other elder. In other words, don't let the physical aspects of church and its people supersede your personal connection / relationship with Jesus Christ.

Church elders are only seed planters. **Once the seed is in your heart and in your mind only your relationship with your Creator will make the seed grow... or NOT grow.** Everyone needs healing at sometime in their life, but not everyone can just go to a brick and mortar church and get healed. I think God wants more from us than that...He wants ALL aspects of our being, not just our physical presence in a building called "church".

I (Paul) planted the seed, Apollos watered it, but God made it grow. So neither he who plants nor he who waters is anything, **but only God who makes things grow.** 1 Corinthians 3:6, 7

As you can see, our physical, mental, emotional and spiritual health is a precious commodity in this mortal life and understanding how they all work together to bring wholeness of self is the balance that brings joy, peace and

blessings into our lives. And we know that all things work together for good to them that love God, to them who are the called according to his purpose. Romans 8:28

We are what we eat; we are what we believe; we are what we live.

Who am I?

If you found this article to be helpful, you might like these too.

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- [Proper Care and Feeding of Myself](#)
- [Total Health Goal](#)

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Angie and Frank

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Do you have a marriage question that you want biblical answers to? Let us know and we’ll pray about it, research it and answer it with the understanding and wisdom God has blessed us with. It’s not what Frank or Angie can do for your marriage; it is between YOU and God. We’re just the messengers.