

# THE BALANCING ACT

*Pastor Bonita Sams*

Are you one of those people that gets easily panicked when something is not done in the timeframe you had in mind? Do you cop an attitude when everyone else around you does not seem to feel your urgency? Do you find yourself always running out of time to accomplish your tasks for the day? If you've answered "yes" to all or most of the above, then I need to have a word with you! Have you heard of the word "balance"?

Balance comes from knowing when to act, when to be quiet or when to kick it in observe mode. Ecclesiastes 3:1, *"To everything there is a season"*. Most importantly, we have to take the time to rest. *(Our congregation will find it quite funny that I would be writing about balance and rest. For some reason, they seem to think I don't do either...go figure!)* Even Jesus encourages the apostles to bring it down for a minute in Mark 6:31 by saying to them *"...Come ye yourselves apart into a desert place and rest a while;"*. There are moments when we must extract ourselves from the day-to-day grind and get to a place of restoration. While the work of the Kingdom is ever important, I have found out the hard way, no one can be truly impactful as a wife, mother, leader, employee...etc. if there is no balance. There has to be designated pockets of time when you must wear a certain hat at a certain time. But, wearing several hats all at once is stressful and quite frankly, it looks ridiculous. To be honest, it makes you a little coo coo!

By nature, most women are caretakers and multi-taskers. We seem to have this Stepford Wife micro chip in us that makes us operate in the world of "Get-it-done-perfectly-right-now"! In facing this very issue myself, I did what any believer of God does...seek out what His Word says, what His will is for me and really pray about my routines. I will spare you all the details of me crying and pleading with God, not sleeping more than 4 hours a night and staying hopped up on Starbucks coffee and Snickers. So, let me give you the short version...I found out that the world still goes on if Pastor Bonita does not meet everyone else's expectations! Well...who would have thunk it! I carefully, began to examine my routine at home, at church and at work to see where could I reduce my "Busy Bee Bonanza" thing. I changed my attitude and stopped punishing myself for not getting something done. I started delegating small task and simply crossed off things on my list that just weren't going to happen. I also had a conversation with my spiritual mother about my dilemma and asked her for Godly advice. It was the best thing I ever could have done! And...guess what? It felt GREAT! It wasn't easy, but very slowly balance was back in my life!

My greatest pull was ministry work. I can already sense most of you shaking your head in agreement. It has always been my desire to serve God's people and perform whatever tasks that are needed to carry on His agenda. From cleaning the toilets, to preaching a sermon or counseling a married couple in trouble. But, when I could not meet all my goals, honestly it pained me to think that God or even my Pastor might be disappointed in my lack of performance. Even in that, I found, there must be balance. While in theory, we would all love to solely work in the Lord's vineyard where we feel we are called or are happy, but that's not always realistic. If you've been in ministry for any length of time, you already know it's the small remnant of people who carry on faithfully filling in where needed. Right now, I'm talking to the remnant people! There are times and seasons when we must do something that feels out of our norm in order for the Kingdom Agenda to go forth, that's part of the deal. Jesus took 12 men out of their comfort zone and made them *"fishers of men"*. I'm sure there was a lot of balancing going on to make that transition happen. We should honor God the Father's will for us while at the same time be obedient to our leader/covering and make time for family. I would venture to ask, why can't we do it all with a balanced approach while keeping an eye towards being rooted in a healthy spiritual place? Balance can only be accomplished by being honest with yourself, seeking Holy Spirit for direction and most importantly, taking the time to rest and reflect.





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*PASTOR SAMUEL SAMS, SENIOR PASTOR*

**SUNDAY WORSHIP:** 9:00 A.M. LIFE APPLICATION – 10:00 A.M. WORSHIP AND THE WORD  
(INCLUDES ALPHA ANGELS CHILDREN'S CHURCH)

**TUESDAY QUEST FOR KNOWLEDGE BIBLE STUDY:** 7:30 P.M.

## IN THE KNOW



### **BEN TANKARD 2.0**

*BY BEN TANKARD*

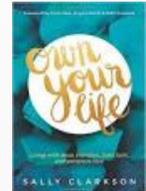
Just released in February, Ben Tankard takes us to a smooth place of Christian jazz. It features such great artist as Kirk Whalum and Shirley Murdock. This is an easy listening genre that's perfect for long drives or power walking. Who needs to brave the cold weather to relax at an expensive spa. Put this CD on, curl up with a good Joyce Meyers book and bask in God's presence. Ben, as always, takes us to that secret place of intimacy and worship!



### **HANDS AND FEET**

*BY K. J. SCRIVEN*

This fairly new artist has a unique sound that is pure and honest. While the CD only has 3 tracks, it delivers a powerful message that touches the heart of a true worshipper. The songs are a perfect mix of contemporary and folk music. This 28 year old has something fresh to offer gospel music. In 2014, he won a Grammy for the song, "What Can I Do" which he wrote. He also performed the same song with gospel notable, Tye Tribbett on TBN's Praise the Lord in 2013. Keep an eye on this young artist. There is more to come!



**OWN YOUR LIFE**  
*LIVING WITH DEEP INTENTION,  
BOLD FAITH, AND  
GENEROUS LOVE*  
**BY SALLY CLARKSON**

There comes a point in every one's life when you somehow end up at the corner of Exhausted and Damaged. Her book is rich with wisdom and spiritual guidance concerning taking back your life and living it the way God intended. She delves deep into the subjects of settling for mediocre, mapping out your purpose, partnering with God and so much more. This book puts you in mind of I Samuel 30 where God told David to pursue all that he had lost. Sally Clarkson brings that command from God to life in her latest book "Own Your Life".

### **AROUND TOWN**

#### **House of Blues Gospel Brunch**

329 North Dearborn Chicago, Illinois  
Every Sunday 10:00 – 12:30

Purchase tickets online [www.ticketnetwork.com](http://www.ticketnetwork.com)

#### **Gospel Super Fest Saturday March 21, 2015**

House of Hope Arena  
752 E. 114<sup>th</sup> Street Chicago, Illinois  
Purchase tickets online [www.ticketweb.com](http://www.ticketweb.com)

or  
by phone 866-468-7619  
[www.gospelsuperfest.com](http://www.gospelsuperfest.com)

#### **Selah Worship Conference July 15-17, 2015**

Christian Life Center  
6363 W. 183<sup>rd</sup> Street Tinley Park, Illinois  
Purchase tickets online:  
[www.selahworshipconference.com](http://www.selahworshipconference.com)

### **Upcoming Church Events**

Friday, March 13<sup>th</sup> – Married Couples ***"We are One"***

Tuesday, March 24<sup>th</sup> Friends and Family Night

Sunday, March 29<sup>th</sup> – Join us for Palm Sunday

**[SAVE THE DATE WOW SPRING LUNCHEON – SATURDAY, MAY 23, 2015](#)**