



Every Day  
*with Jesus*

## KEEPING YOUR *Spiritual Balance*

This is a study tool to help you become aware of the possibility of unbalanced virtues in your life. Its objective is to provide an assessment in order that you might develop stronger life qualities and Christlike character through the application of biblical truth. Paul, in writing to the Ephesian believers, encouraged them to do two things:

1. to *put off* the old self and
2. to *put on* the new self

‘You were taught, with regard to your former way of life, to *put off* your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to *put on* the new self, created to be like God in true righteousness and holiness.’ Ephesians 4:22–24 (NIV, my emphasis)

This study supplement is designed to help you recognise the strengths and weaknesses of your virtues by writing them down. It is an action plan to ‘put off’ those things that have become more than a virtue – that have become a hindrance – and to embrace and ‘put on’ those aspects of balanced virtue that have been deficient.

## VIRTUES TO BE BALANCED - DEFINITIONS

'Virtue' – the moral excellence that radiates from a person who obeys God's Word.

### **SPEAKING WORDS**

Being willing to speak up for what is right and good, with love, grace and consistency.

**BALANCED WITH**

### **TAKING ACTION**

Following through on what we say with appropriate deeds and actions that display Christlike compassion and concern.

### **A STRONG MIND**

The God-given ability to think clearly, to draw conclusions and to make decisions in harmony with truth.

**BALANCED WITH**

### **EMOTIONAL EXPRESSION**

Being aware of the rich and positive emotions God has placed within us. To feel as He feels, and to express our feelings in harmony with biblical insight and principles.

### **ASSERTIVENESS**

Taking the positive and pro-active initiative, expressing and standing for all that is godly.

**BALANCED WITH**

### **YIELDEDNESS**

A willingness to submit all personal rights and expectations to God and to respond positively to those in authority, displaying an attitude of scriptural obedience.

### **SELF-CONCERN**

Maintaining a healthy attitude of personal value with a sober assessment of God-given abilities in the light of our worth in Christ.

**BALANCED WITH**

### **CONCERN FOR OTHERS**

The awareness of what is going on in other people's lives and a willingness to reach out to provide help and support with Christ's compassion.

## VIRTUES TO BE BALANCED - DEFINITIONS

'Virtue' – the moral excellence that radiates from a person who obeys God's Word.

### **CONSERVATIVE**

Holding fast to the ageless and timeless truths and precepts of God's Word. A defender of the faith of our forefathers.

**BALANCED WITH**

### **RADICAL**

A questioning of the status quo and accepted patterns and thinking, with a desire to maintain the purity and integrity of foundational truth and spiritual roots.

### **TRUSTING**

Believing the best in all situations and showing confidence in others, recognising that we all fail at times. Acknowledging that God never fails and placing full confidence in Him.

**BALANCED WITH**

### **TRYING**

Being willing to apply our best efforts and energies; recognising that when we do the possible, God is able to do the impossible.

### **EXPERIENCE**

Being willing to allow truth to move from a head knowledge to a heartfelt feeling. Putting ourselves in different situations where we participate and involve ourselves.

**BALANCED WITH**

### **EXPRESSION**

Being willing to show and reveal, both in words and in non-verbal communication, the character of Christ at work in our lives by sharing His love with others.

### **TRUTH**

The quality of being honest and showing integrity in all matters, avoiding all forms of deceitfulness and untruthfulness.

**BALANCED WITH**

### **LOVE**

Demonstrating the compassion and concern of Christ by being willing to bring about the highest possible good in another person's life by moving towards them with no self-protection.

Consider the virtues and think through some of the strengths and weaknesses in your own life in relation to them. List them following the examples of how strengths can become weaknesses, and then complete the Bible verse at the end of each list.

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**Virtue: SPEAKING WORDS Proverbs 18:21**

STRENGTHS	become	WEAKNESSES
1. <i>Eg Encouraging others</i>		1. <i>Eg Flattering in order to please</i>
2. <i>Eg Sharing my faith</i>		2. <i>Eg Forcing the gospel on others</i>
3. _____		3. _____
4. _____		4. _____
5. _____		5. _____

'Do not let ....., that it may benefit those who listen.' (Eph. 4:29)

**Virtue: A STRONG MIND Colossians 3:2**

STRENGTHS	become	WEAKNESSES
1. <i>Eg Having strong convictions</i>		1. <i>Eg Being intolerant of others' views</i>
2. <i>Eg Showing sound judgment</i>		2. <i>Eg Always thinking I'm right</i>
3. _____		3. _____
4. _____		4. _____
5. _____		5. _____

'Finally, brothers, whatever is ..... - think about such things.' (Phil. 4:8)

BALANCED WITH

BALANCED WITH

**Virtue: TAKING ACTION Matthew 5:16**

STRENGTHS	become	WEAKNESSES
1. <i>Eg Doing a kind deed</i>		1. <i>Eg Wanting to be complimented</i>
2. <i>Eg Giving a gift of appreciation</i>		2. <i>Eg Expecting something in return</i>
3. _____		3. _____
4. _____		4. _____
5. _____		5. _____

'You see that ..... was made complete by what he did.' (James 2:22)

**Virtue: EMOTIONAL EXPRESSION John 11:33-35**

STRENGTHS	become	WEAKNESSES
1. <i>Eg Being sensitive to others</i>		1. <i>Eg Being easily manipulated</i>
2. <i>Eg Responding spontaneously</i>		2. <i>Eg Wearing my heart on my sleeve</i>
3. _____		3. _____
4. _____		4. _____
5. _____		5. _____

'But the fruit of the Spirit is ..... Against such things there is no law.' (Gal. 5:22-23)

### ACTION PLAN

List the strengths and weaknesses you have entered above in the table. Spend a few moments in prayer, determining, with the help of the Holy Spirit, to keep the balance of the virtue strengths in your life and to work on the weaknesses.

'Put on ...'	BALANCED VIRTUES	Ephesians 4:24
SPEAKING WORDS	strengths	TAKING ACTION
1. _____	1. _____	_____
2. _____	2. _____	_____
3. _____	3. _____	_____

'Put off ...'	UNBALANCED LIVING	Ephesians 4:22
SPEAKING WORDS	weaknesses	TAKING ACTION
1. _____	1. _____	_____
2. _____	2. _____	_____
3. _____	3. _____	_____

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'Put on ...'	BALANCED VIRTUES	Ephesians 4:24
A STRONG MIND	strengths	EMOTIONAL EXPRESSION
1. _____	1. _____	_____
2. _____	2. _____	_____
3. _____	3. _____	_____

'Put off ...'	UNBALANCED LIVING	Ephesians 4:22
A STRONG MIND	weaknesses	EMOTIONAL EXPRESSION
1. _____	1. _____	_____
2. _____	2. _____	_____
3. _____	3. _____	_____

Consider the virtues and think through some of the strengths and weaknesses in your own life in relation to them. List them following the examples of how strengths can become weaknesses, and then complete the Bible verse at the end of each list.

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**Virtue: ASSERTIVENESS Matthew 21:12-13**

STRENGTHS	become	WEAKNESSES
1. <i>Eg Speaking out against permissiveness</i>	1. <i>Eg Becoming fanatical</i>	
2. <i>Eg Standing up for the weak and poor</i>	2. <i>Eg Neglecting my own responsibilities</i>	
3. _____	3. _____	
4. _____	4. _____	
5. _____	5. _____	
'... I felt I had to write and ..... to the saints.' (Jude 3)		

**Virtue: SELF-CONCERN Matthew 19:19**

STRENGTHS	become	WEAKNESSES
1. <i>Eg Accepting my self-worth in God</i>	1. <i>Eg Developing a spiritual superiority</i>	
2. <i>Eg Making provision for my family</i>	2. <i>Eg Becoming a workaholic</i>	
3. _____	3. _____	
4. _____	4. _____	
5. _____	5. _____	
'But you, dear friends, ..... to eternal life.' (Jude 20-21)		

**BALANCED WITH**

**BALANCED WITH**

**Virtue: YIELDEDNESS Matthew 26:39**

STRENGTHS	become	WEAKNESSES
1. <i>Eg Displaying a servant heart</i>	1. <i>Eg Letting others take advantage of me</i>	
2. <i>Eg Responding willingly to authority</i>	2. <i>Eg Letting others dominate and control me</i>	
3. _____	3. _____	
4. _____	4. _____	
5. _____	5. _____	
'Therefore, I urge you, brothers, ..... your spiritual act of worship.' (Rom. 12:1)		

**Virtue: CONCERN FOR OTHERS 2 Corinthians 8:9**

STRENGTHS	become	WEAKNESSES
1. <i>Eg Taking time out for people</i>	1. <i>Eg Imposing myself on people</i>	
2. <i>Eg Doing things for other people</i>	2. <i>Eg Wanting to be a people pleaser</i>	
3. _____	3. _____	
4. _____	4. _____	
5. _____	5. _____	
'Do nothing ..... interests of others.' (Phil. 2:3-4)		

**ACTION PLAN**

List the strengths and weaknesses you have entered above in the table. Spend a few moments in prayer, determining, with the help of the Holy Spirit, to keep the balance of the virtue strengths in your life and to work on the weaknesses.

'Put on ...'	BALANCED VIRTUES	Ephesians 4:24
ASSERTIVENESS	strengths	YIELDEDNESS
1. _____	1. _____	
2. _____	2. _____	
3. _____	3. _____	

'Put off ...'	UNBALANCED LIVING	Ephesians 4:22
ASSERTIVENESS	weaknesses	YIELDEDNESS
1. _____	1. _____	
2. _____	2. _____	
3. _____	3. _____	

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List the strengths and weaknesses you have entered above in the table. Spend a few moments in prayer, determining, with the help of the Holy Spirit, to keep the balance of the virtue strengths in your life and to work on the weaknesses.

'Put on ...'	BALANCED VIRTUES	Ephesians 4:24
SELF-CONCERN	strengths	CONCERN FOR OTHERS
1. _____	1. _____	
2. _____	2. _____	
3. _____	3. _____	

'Put off ...'	UNBALANCED LIVING	Ephesians 4:22
SELF-CONCERN	weaknesses	CONCERN FOR OTHERS
1. _____	1. _____	
2. _____	2. _____	
3. _____	3. _____	

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**Virtue: CONSERVATIVE Hebrews 3:14**

STRENGTHS	become	WEAKNESSES
1. <i>Eg Trying to conserve the right and the good</i>	1. <i>Eg Becoming smug and complacent</i>	
2. <i>Eg Trying to maintain our Christian heritage</i>	2. <i>Eg Serving ceremony and traditions</i>	
3. _____	3. _____	
4. _____	4. _____	
5. _____	5. _____	

'What you heard from me, ..... who lives in us.' (2 Tim. 1:13-14)

**Virtue: TRUSTING Romans 15:13**

STRENGTHS	become	WEAKNESSES
1. <i>Eg Always believing the best in someone</i>	1. <i>Eg Being naïve and easily taken in</i>	
2. <i>Eg Accepting what my leaders say</i>	2. <i>Eg Blindly following someone</i>	
3. _____	3. _____	
4. _____	4. _____	
5. _____	5. _____	

'You will ..... in you.' (Isa. 26:3)

**BALANCED WITH**

**BALANCED WITH**

**Virtue: RADICAL Matthew 23:27-28**

STRENGTHS	become	WEAKNESSES
1. <i>Eg Challenging the status quo</i>	1. <i>Eg Rebelling against authority</i>	
2. <i>Eg Questioning existing methods</i>	2. <i>Eg Making change for change's sake</i>	
3. _____	3. _____	
4. _____	4. _____	
5. _____	5. _____	

'The axe is ..... into the fire.' (Matt. 3:10)

**Virtue: TRYING Philippians 2:12-13**

STRENGTHS	become	WEAKNESSES
1. <i>Eg Being diligent in what I do</i>	1. <i>Eg Becoming overly pedantic</i>	
2. <i>Eg Seeking always to do things well</i>	2. <i>Eg Becoming a perfectionist</i>	
3. _____	3. _____	
4. _____	4. _____	
5. _____	5. _____	

'For this very reason, ..... love.' (2 Pet. 1:5-7)

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List the strengths and weaknesses you have entered above in the table. Spend a few moments in prayer, determining, with the help of the Holy Spirit, to keep the balance of the virtue strengths in your life and to work on the weaknesses.

'Put on ...'	BALANCED VIRTUES	Ephesians 4:24
CONSERVATIVE	strengths	RADICAL
1. _____	1. _____	_____
2. _____	2. _____	_____
3. _____	3. _____	_____

'Put off ...'	UNBALANCED LIVING	Ephesians 4:22
CONSERVATIVE	weaknesses	RADICAL
1. _____	1. _____	_____
2. _____	2. _____	_____
3. _____	3. _____	_____

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'Put on ...'	BALANCED VIRTUES	Ephesians 4:24
TRUSTING	strengths	TRYING
1. _____	1. _____	_____
2. _____	2. _____	_____
3. _____	3. _____	_____

'Put off ...'	UNBALANCED LIVING	Ephesians 4:22
TRUSTING	weaknesses	TRYING
1. _____	1. _____	_____
2. _____	2. _____	_____
3. _____	3. _____	_____

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**Virtue: EXPERIENCE** Philippians 2:10

STRENGTHS	become	WEAKNESSES
1. <i>Eg Having first-hand knowledge</i>		1. <i>Eg Dismissing others' experience</i>
2. <i>Eg Feeling something for myself</i>		2. <i>Eg Allowing feelings to cloud judgment</i>
3. _____		3. _____
4. _____		4. _____
5. _____		5. _____

'... our Lord Jesus Christ, through whom ..... hope of the glory of God.' (Rom. 5:2-4)

**Virtue: TRUTH** Proverbs 12:9

STRENGTHS	become	WEAKNESSES
1. <i>Eg Honesty and integrity</i>		1. <i>Eg Pride and self-righteousness</i>
2. <i>Eg Speaking up for right</i>		2. <i>Eg Being confrontational and bigoted</i>
3. _____		3. _____
4. _____		4. _____
5. _____		5. _____

'These are the things ..... in your courts ...' (Zech. 8:16)

**BALANCED WITH**

**BALANCED WITH**

**Virtue: EXPRESSION** 2 Corinthians 3:2-3

STRENGTHS	become	WEAKNESSES
1. <i>Eg Communicating clearly and effectively</i>		1. <i>Eg Overwhelming people with facts</i>
2. <i>Eg Being demonstrative and outgoing</i>		2. <i>Eg Dominating and attention seeking</i>
3. _____		3. _____
4. _____		4. _____
5. _____		5. _____

'But in your hearts ..... and respect ...' (1 Pet. 3:15)

**Virtue: LOVE** John 15:9

STRENGTHS	become	WEAKNESSES
1. <i>Eg Patient and understanding</i>		1. <i>Eg Avoiding necessary confrontation</i>
2. <i>Eg Accepting and forgiving</i>		2. <i>Eg Not facing and dealing with real issues</i>
3. _____		3. _____
4. _____		4. _____
5. _____		5. _____

'Love is ..... Love never fails.' (1 Cor. 13:4-8)

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'Put on ...'	BALANCED VIRTUES	Ephesians 4:24
EXPERIENCE	strengths	EXPRESSION
1. _____	1. _____	_____
2. _____	2. _____	_____
3. _____	3. _____	_____

'Put off ...'	UNBALANCED LIVING	Ephesians 4:22
EXPERIENCE	weaknesses	EXPRESSION
1. _____	1. _____	_____
2. _____	2. _____	_____
3. _____	3. _____	_____

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List the strengths and weaknesses you have entered above in the table. Spend a few moments in prayer, determining, with the help of the Holy Spirit, to keep the balance of the virtue strengths in your life and to work on the weaknesses.

'Put on ...'	BALANCED VIRTUES	Ephesians 4:24
TRUTH	strengths	LOVE
1. _____	1. _____	_____
2. _____	2. _____	_____
3. _____	3. _____	_____

'Put off ...'	UNBALANCED LIVING	Ephesians 4:22
TRUTH	weaknesses	LOVE
1. _____	1. _____	_____
2. _____	2. _____	_____
3. _____	3. _____	_____