



Keeping in Balance

Lisa Brenninkmeyer

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Keeping in Balance, a twenty-two session course, focuses on creating balance within. Do you feel pulled in many directions? Do you find it hard to balance the demands placed on your time? Is it difficult to manage all the details thrown your way? According to Richard Swenson, M.D., we have "more and more of everything, faster and faster." Unfortunately, this can leave us feeling frazzled and out of control. God wants to support and help us so that we can be our best in every season of our lives. Keeping in Balance will take us on a journey throughout Scripture as we discover the relevance of Old and New Testament wisdom to our daily challenges. Join us as we explore biblical ways that we can manage life's pace and pressure while living with calm and steadiness. A lifestyle of health and holiness awaits.

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