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**Fellowship of Companies for Christ
 Greater Hartford Chapter
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- Welcome! Opening prayer and praise reports
- **Today's topic: Are you staying in balance personally and as a business?**

Let your moderation be known unto all men. The Lord is at hand. --Philippians 4:5

Moderation = avoidance of excess or extremes
Extreme = drastic, severe, farthest from center
Balance = equilibrium between opposing forces or influences
Gyrocompass = navigational instrument in which a gyroscope maintains a pointer's North-South orientation



A frequent struggle that I hear from business owners is *balance*. While it's true that at particular times, we may have to be "extreme" and work over-time, as a general pattern of behavior, the Lord wants us to live moderately. The Holy Spirit is our *divine gyrocompass*. When we're out of balance, we feel it inside and He is the one who can guide us back to moderation!

Within the context of our businesses, let's review my previous teaching on the "walls" of your business:

- Are your walls in relative balance, or are they lopsided?
- Are there gaping holes? Or walls that are overbuilt and too high?
- What are you proactively doing to keep the walls in balance, or get into balance?
- When the walls get out of balance, stress/pressure increase, peace/tranquility decrease.
- How's your stress level these days? Are you listening to yourself?
- Are you so consumed by the business that your vertical life with the Lord and horizontal life with yourself, family, church and community are suffering? Maybe this summer is the time to make some changes!

Evaluate yourself from 1 (weak) to 10 (strong) in terms of being in balance.	1	2	3	4	5	6	7	8	9	10
Why did you give yourself this rating?										
What benefits might you enjoy by being more in balance?										
What specific actions can you take to do that?										

- Next meetings: August 5 and 19 here. *This Is My Story* here on Sept 2 with Charlie Fields
- Upcoming events/news
- Closing prayer