

**Title: THE FOUR ASPECTS OF BALANCED MATURITY**  
**Scripture Reading: Luke 2:39-52**

**Key Verse: Luke 2:52**

**Intro:** From His birth until age twelve, **Luke 2:40** tells us that the child Jesus grew both physically and spiritually. He was filled with wisdom, and the grace of God was upon Him. Our main text **Luke 2:52** also says that Jesus kept advancing in the four areas of growth – **wisdom, stature** (physical), **in favor with God**, and **in favor with man**. This beautiful balanced growth of Jesus is the pattern for our own growth and maturity so that we will fulfill God's plans and purposes for our life.

Do we give serious attention to the importance of balanced maturity in our lives which God desires? It is so easy to become out of balance and let our lives be out of control and frustrated. Our text tells us there are 4 aspects of maturity, **WE MUST** –

**I. INCREASE IN PHYSICAL STATURE**

**A.** Physical health and growth makes a great difference in the development and growth of a balanced Christian life.

**B.** As a Christian, we must treat and respect our physical body as the temple of the Holy Spirit (**I Cor. 6:19-20**).

**C.** To be physically well we must take care of our bodies in a way that honors God. We must: (1) Get enough rest and sleep; (2) Exercise regularly; (3) Eat healthy meals; (4) Avoid harmful and abusive habits; (5) Avoid bitterness and stress.

**II. INCREASE IN PRACTICAL WISDOM**

**A.** Practical wisdom is also needed to the development and growth of a balanced Christian life. Jesus increased in wisdom as a human. Wisdom and understanding were in Him so that He acted upon the truths He learned as a child (**Job 28:28**).

**B.** How are you increasing in godly wisdom nowadays? Are the lessons and truths you are learning as a believer making any practical difference in the character and testimony of your life?

**C.** To increase in wisdom we must: (1) Study the Bible as the only source of true wisdom (**Jas. 3:13, 17**); (2) Substitute reading Christian books in your spare time for watching TV (**I Tim. 4:13**); (3) Select profitable hobbies; (4) Commit yourself to live on what you are learning from God's word (**Jas. 1:22**).

### **III. INCREASE IN RELATIONAL MATURITY**

**A.** Relational development is very important to the development and growth of a balanced Christian life.

**B.** Jesus calls us to balance our spiritual beliefs with our practical life so that our character reflects His righteousness.

**C.** He taught us to love God and our neighbor as ourselves. He personally demonstrated His love at the cross (**Rom. 5:8**).

**D.** He always submitted to the Father's will and was faithful even unto his death at the cross (**John 6:38; Phil. 2:8**).

**E.** Jesus did not always condemn others but was very loving and compassionate. He glorified the Father as He served men.

**F.** Brethren, if your job, business, studies, etc. take priority over your relationship with the Lord, your loved ones, your brethren in Christ, your friends and neighbors, you need to re-establish your priorities that matter the most to the Lord.

### **IV. INCREASE IN SPIRITUAL MATURITY**

**A.** Spiritual maturity is important to the development of a balanced Christian life. The favor of the Father was upon Jesus because He pleased and glorified Him (**Luke 3:22**).

**B.** What can we do to increase and advance in spiritual growth since maturity depends upon it? By faith and in the power of the Spirit, we can move forward in these practical applications: (1) Make personal, family and church worship your top priority; (2) Give thanks in all things with contentment and satisfaction; (3) Engage in active, selfless ministry for others; (4) Recognize, forsake and avoid sin to grow in purity and holiness; (5) Walk in the Spirit and resist the tendency to go back to the flesh; (6) Know and do what pleases the Lord.

**CONCLUSION:** Balance maturity is prospering in the OUTER and INNER man (**III John 2**). The Bible clearly says, "**A false balance is abomination to the LORD**" (**Prov. 11:1**). So a truly balanced and mature person is advancing in four phases of his life – **physical, practical, relational, and spiritual**.

Maybe you have no problems with the physical and mental. How about your relationship with God and fellowmen? Can you honestly say that you love God and your neighbor? Do you have assurance that you are truly a child of God? Maybe you need to get right with God...today...right where you are now!!