



# BALANCE

## *Adult Lesson Plan*

### **PHYSICAL BALANCE**

is the ability to control your center of gravity and keep it from going outside of the stance of your legs. Balance comes in two forms: static and dynamic. Static balance is the ability to control your center of gravity while stationary.

### **DYNAMIC BALANCE**

is the ability to control your center of gravity while moving.

### **BOTH BALANCE FORMS ARE ESSENTIAL.**

Without them, we would fall.

Physical balance is a combination of our brains and bodies having an accurate sense of our environment and responding appropriately to that environment by bracing our bodies against the outside physical forces around us. The technical term for this is proprioception.

### **BALANCE TRAINING**

- is designed to improve our proprioception so our bodies and brains are better able to sense and adapt to the external forces around us regardless of our position in the environment.

### **MENTAL, EMOTIONAL, AND SPIRITUAL BALANCE**

work in a similar fashion.

If we can't maintain balance, our lives fall apart and we fall into confusion, depression, and despair.



# BALANCE

## *Adult Lesson Plan*

### **PSALM 18:33, 34, 36 SAYS**

*“It is God who arms me with strength and keeps my way secure. He makes my feet like the feet of a deer; he causes me to stand on the heights. You provide a broad path for my feet, so that my ankles do not give way”*

### **IF WE MAKE GOD OUR CENTER**

and allow Him to strengthen, guide, and protect us, we are able to maintain our mental, emotional, and spiritual balance. We are able to brace ourselves, or rather let God brace us against the forces that come against us in our lives.

### **PHILIPPIANS 4:12, 13 SAYS**

*“I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.”*

“What is your center?”

“Is your balance off?”