INTRO: Have you ever cooked pancakes? Ever fail to turn one over, so that it burned on one side & stayed raw on the other? This is the picture Hosea suggests as he speaks of the lack of balance in the ruling house of Israel. Ephraim was not well-rounded. Ephraim was not properly balanced. Ephraim was a cake not turned.

I. LACK OF BALANCE IS A SERIOUS MATTER
   A. Some folks lack balance in the physical realm.
      1. My experience at Air Age Institute.
      2. Some exercise, eat healthy foods, etc., then get out on the highway & drive like Jehu.
   B. Some are unbalanced mentally. Our society readily recognizes the seriousness of this problem.

II. THE MOST SERIOUS IMBALANCE, THO OFTEN NOT TAKEN SERIOUSLY, IS MORAL/ SPIRITUAL IMBALANCE.

   Blessed are those who keep His testimonies, who seek Him with the whole heart. (Psalm 119:2).

   NOTE: The whole heart involves intellect, emotion, will.
   EccI 3:1-8. To everything there is a season, A time for every purpose under heaven: A time to be born, & a time to die; A time to plant, & a time to pluck what is planted; A time to kill, & a time to heal; A time to break down, & a time to build up; A time to weep, & a time to laugh; A time to mourn. & a time to dance; A time to cast away stones, & a time to gather stones; A time to embrace, & a time to refrain from embracing; A time to gain, & a time to lose; A time to keep, & a time to throw away; A time to tear, & a time to sew; A time to keep silence, & a time to speak; A time to love, & a time to hate; A time of war, & a time of peace.

   A. Social worker. “No smoking. This is a house of God.’
   B. Elder. Too frivolous/too somber...

III. BUT THERE IS ONE MAN WHO LIVED A PERFECT LIFE & SET A PERFECT EXAMPLE.
I Peter 2:20-23, For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps: “Who committed no sin, Nor was deceit found in His mouth”; who, when He was reviled, did not revile in return; when He suffered, He did not threaten, but committed Himself to Him who judges righteously. 
Heb 4:14-16. Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a Ugh Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy & find grace to help in time of need.

A. Jesus knew when to be angry--& how to exercise that anger without sinning,

Mark 3:5. And when He had looked around at them with anger, being grieved by the hardness of their hearts. He said to the man, “Stretch out your hand.” And he stretched it out, and his hand was restored as whole as the other.

B. He knew when to weep. And He knew when to smile & laugh. Jesus had a sense of humor. There is much evidence that Jesus was not unceasingly somber. The beatitudes, MT 5: ‘Rejoice & be exceeding glad...’ little children, MT 19:14.

C. He knew what to build & what to tear down & when to do it. MT 16: Ps 127:1; JN 2:15-16; Col 2:12; Eph 2:14
D. Knew He was born to be king--but refused to take short cuts, LK 4:5-8; JN 6:15; MT 26:53; JN 18:36.

CONCLUSION: God has granted each of us certain strengths. And each of us has certain weaknesses. A part of the value of associating together as a congregation is using our strengths to help each other overcome our weaknesses, & pointing each other to the example of Jesus. May we seek the moral & spiritual balance in our lives that can only come from following Christ’s example.
Exton, PA, February 3, 1991
Shiloh, Mexia, TX, November 5, 1995
Susquehanna, Marietta, PA. March 2, 2003