

# Seeking

## Seeking an Equilibrium of Excellence!

Equilibrium is not necessarily where something is – it is usually the path which it is on. In reality it is just about as easy (and often easier), using a schooling example, to have an equilibrium of As and Bs than Cs and Ds. And who (after they get a little age on them), looking back, would not say it would have been easier being a pretty good kid (good manners, helping around the house, doing the things kids are expected to do) than often expending the greater effort to get out of responsibilities and just be average?

### The Lesson of the Cork




If you place a cork under water, it takes more effort and energy to hold it under than to let it go; let go and it will, on its own, seek and find its equilibrium – bobbing and floating on the water. **Equilibrium**, even of inanimate objects, **is an internal power generated by no external effort or influence** – often overpowering even strong external restraints.

Equilibrium (to use common examples) is the internal drive and power of:



- *Goodness* that allows a person to more easily do good than bad – IF they, in fact, have an established equilibrium of good.
- An *excellent work-ethic* that makes it far more effortless to be conscientious than a slacker.
- An *attitude of thankfulness*, providing great blessings while expending less effort than whining and complaining.
- *Exercise* that impels a person to get up (and receive the multiple physical, mental and yes spiritual blessings associated with it) rather than sitting in front of a TV hour after useless hour.
- *Cleanliness* that makes it easier to stay or keep something clean than to sit by and watch it get dirty . . .

. . . once these are the established equilibriums.

**Seeking**  (e squared) is the desire to do what is required to achieve the best for myself and those around me both today and in the future; it is not perfectionism since perfectionism is the disorder of perfectionists resulting from an inability to recognize the relative importance of different things – a little dirt in the corner or clothes not in some imagined correct order can be as, or more, important to a perfectionist than a serious illness or other tragedy – they simply cannot differentiate the important from the relative unimportant.

It is true the *Bible* says: *Aim for perfection* <sup>2Co 13:11</sup> but it does not condone perfectionism – the obsession to being or making something perfect without regard for its importance; what's more, perfectionists normally focus on something that is obvious to everyone else is not worth the effort!

Perfectionism is to **Seeking**  as stoicism is to discipline —  
the 1<sup>st</sup> are destructive and not useful while the latter are both tremendously beneficial.

**Seeking**  recognizes the relative importance of different tasks – a clean car is not as crucial as a “clean” body (inside – only kept clean by exercise); a perfectionist would, more likely, focus on the car that they could see compared to the hidden insides of their body – the person **Seeking**  would, on the other hand, recognize and focus on the body while keeping the car relatively (but not obsessively) clean. Likewise, a clean house is not as important as a clean soul – achieved only through spiritual disciplines.

Excellence is achieved through disciplines, not by chance, genetics, education . . .  
disciplines are the sole way to reset equilibriums.

# A GREAT goal for 2007 would be to Seek

... to better understand disciplines are friends to be cultivated, not enemies to be avoided – to find the great rewards of simple disciplines – to harness the great power of equilibrium that developed disciplines “naturally” give us.

Praise the LORD . . . who satisfies your desires with good things  
so that your youth is renewed like the eagle's. Ps 103:2-5

Is this just hyperbole, an extreme exaggeration? Or are we only a Grace away (in the form of the disciplines of disciples) from renewing ourselves – our bodies, souls, minds and spirits?

The following chart lists some key disciplines – looked at it in total may be overwhelming and seem impossible (which it is without Grace). Notice, however, that many of the disciplines have multiple benefits “across” several areas of life; disciplines are synergistic and intertwined – as difficult as it is to implement key disciplines:

- It is harder to live and die an ad hoc life – without self-disciplines (probably, more rightly, Grace disciplines); responding only to the outside punishments (illnesses and deterioration resulting from a lack of physical exercise, having to cutback on important purchases/maintenance because of past poor financial decisions, divorce or problems with children caused by neglect, anxiety caused by a sense of purposelessness . . .) that are far more demanding than learned Grace/self-disciplines; and outside punishments don't have ANY mercy or benefit. EVERYONE WILL BE disciplined or they will suffer the consequences of a lack of discipline in the form of punishment!
- It is easier to consider and work on disciplines in all areas of life (body, soul, spirit, work, relational . . .) than to concentrate on one area at a time.

As we age, the need for disciplines increases (and the punishments for failing to do so likewise multiply), which is as it should be. Children are required to develop disciplines (brush their teeth, learn to learn, develop manner . . .); the older we get, the greater the need AND BENEFITS from concentrating on and implementing age appropriate disciplines – for example, at age 50, exercise (before 50, exercise is good; after 50, it is necessary unless we want to be punished by multiple illnesses, aches and pain that can only be mitigated by exercise – 1 minute a day, 6 days a week, times our age!). Our bodies, souls, minds and spirits are mercifully forgiving when we are younger, but far less so as we age – disciplines of rest, exercise, devotion of time . . . must be implemented in each major area of life to ward off the otherwise inevitable harsh and cruel outside punishment. And “masking” problems (with pills, creams, procedures, whiteners . . .) is only a short-term effort delaying and normally only making the inevitable worse!

Maybe teeth offer about as good an illustration of this principle as any other – children can seemingly get by with oral hygiene murder while, as we age, oral hygiene disciplines must continue to increase if we expect to alleviate the otherwise inevitable dental and other sometimes serious, non-dental, imposed health problems that will occur without these disciplines; I had rather seek and find the Grace to implement and become Grace/self disciplined than suffer the far more costly and painful unavoidable imposed punishments!

So, yes, 2007 must be a year for seeking even more Grace if we expect to have a great year – **great** defined as a year which ends in greater disciplines than it began!

# 2007 – The Year for Seeking

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# 2007 - The Year for Seeking



| Physical <sup>Body</sup>                      | Spiritual   | Financial   | Physical <sup>Possessions</sup> | Relational <sup>Personal</sup>                                      | Relational <sup>Work</sup>   | Mental  |
|---|---|---|---------------------------------|---|--|---|
| Proper Rest                                   | Proper Rest   | Live within means - start paying down debt  | Dispose of clutter              | Be Thankful!  | Proper Rest  | Be Thankful!  |
| Dedicate Time                                 | Dedicate Time   |   | Clean/maintain what you keep    | Dedicate Time   | Be Thankful!   | Proper Rest   |
| Exercise                                      | Seek 1st <sup>Mt 6:25-33</sup>                                      |   |                                 | Take Sunday off!  | Take Sunday off!   | Dedicate Time   |
| Be Thankful! <sup>Key for good attitude</sup> | Be Thankful!  | Be Thankful!  | Be Thankful!                    | Every day have a "devotional" time                                  | Every day have a "devotional" time   | Exercise  |
|   | Take Sunday off!  |   |                                 |   |  | Dispose of clutter  |
| Floss your Teeth!                             | Every day have a "devotional" time                                  | Clean/maintain physical possessions   |                                 | Start/increase giving <sup>rather</sup> than seeking "entitlements" | Start/increase giving <sup>rather</sup> than seeking "entitlements"                  | Take Sunday off!  |
| Take Sunday off!                              |   |   |                                 |   |  | Start/increase giving <sup>rather</sup> than seeking "entitlements" |
| Every day have a "devotional" time            | Start/increase giving <sup>rather</sup> than seeking "entitlements" | Exercise <sup>Even if there is no immediate impact, in the long run this is the best financial investment a person can make</sup> |                                 |   |  | Seek 1st <sup>Mt 6:25-33</sup>                                      |
|   |   |   |                                 |   |  | Every day have a "devotional" time                                  |
|   |   |   |                                 |   | Be THE person, in the office, that has the best attitude <sup>Encourage others</sup> | Challenge yourself with new tasks                                   |
|   |   |   |                                 |   |  |   |
|   |   | Take Sunday off!  |                                 |   | Challenge yourself with new tasks  | Challenge yourself with new tasks                                   |
|   |   |   |                                 |   |  |   |
|   |   | Start/increase giving <sup>rather</sup> than seeking "entitlements"   |                                 |   |  |   |
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