

## **Balance Point**

### **Journal**

#### **Romans 8:7-8, NLT**

For the sinful nature is always hostile to God. It never did obey God's laws and it never will. That's why those who are still under control of their sinful nature can never please God.

### **Horse Activity**

Session to be done bareback with halter and lead for session leader. Bridle can be used if desired. Equi-ball could be used if there is too much anxiety about the horse.

Instruct the rider to sit on the horse without using their hands. Walk the horse in a circle around you. Walk and trot based on riders comfort and ability.

Watch for how the rider balances. Talk about how they used their body to stay on the horse.

Were they in balance or wobbly?

What helped them stay on? Would that help at a different gait?

Work with the rider to find balance in the correct way using their body and core, relaxing and trusting the horse and leader to help sustain their balance.

#### TALK ABOUT

Sin- imbalance and death... clinching, leaning, tightening body, reins and bouncing around.... eventually falling off. Christ- Balance and life.... Relaxing the seat, moving with the horse, trusting and hanging faith in the horse and the leader to help and keep you safe and stay on.

A life without Christ is impossible to balance...Christ brings peace, joy, love, and security to life, which bring true and lasting balance in all things.

BALANCE POINT IN RIDING IS YOUR CORE AND SEAT. BALANCE POINT IN LIFE IS JESUS CHRIST

### **Optional Reading**

#### **Philippians 4:8, NLT**

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

#### **Philippians 4:13, NLT**

For I can do everything through Christ, who gives me strength.