

The Everly Extreme or Moderate Marcellus Quiz

Life can get hectic and out of balance if you don't know when something is "enough" or when it's "too much." So what's the balance between "much" and "TOO much?" Take this quiz to find out if you are an "Everly Extreme" or a "Moderate Marcellus," and how you're doing at living a balanced life.

Choose the answer that best describes you, and then see how you fare.



1. How much time do you spend on computer games?

a. You wake up thinking about the latest levels of *Lawn Mower Race Challenge II* that you'll be able to conquer today. At the breakfast table, you scheme ways to add to your digital mower. During study hours, in your mind you're duking it out with Player X576, who really can't compare with your Lawn Mower handling techniques. At lunchtime you talk with anyone who will listen about your ever-advancing skill as a Lawn Mower racer. When school is out, your friends ask you if you'd like to join them for a game of *Civilization*, but you don't hear them as you're too busy formulating Lawn Mower strategy in your mind. You gobble down dinner so you can get back to your computer game. At night you dream of upgrading your Lawn Mower to the Turbo Triple Power model.





b. You don't look at computers. Computers are evil. Computer games are all time wasters, and gamers should have their computers burned.

c. You like playing computer games. You find them to be a fun activity to partake in, and they have their place amidst many other enjoyable forms of entertainment. You understand that computer games are the most fun when played in moderation, and when *you* are in control. The moment the *game* begins to control you and take over your social life, your study times, and the things you know you should do in order to maintain a healthy life, you know it's time to back off.



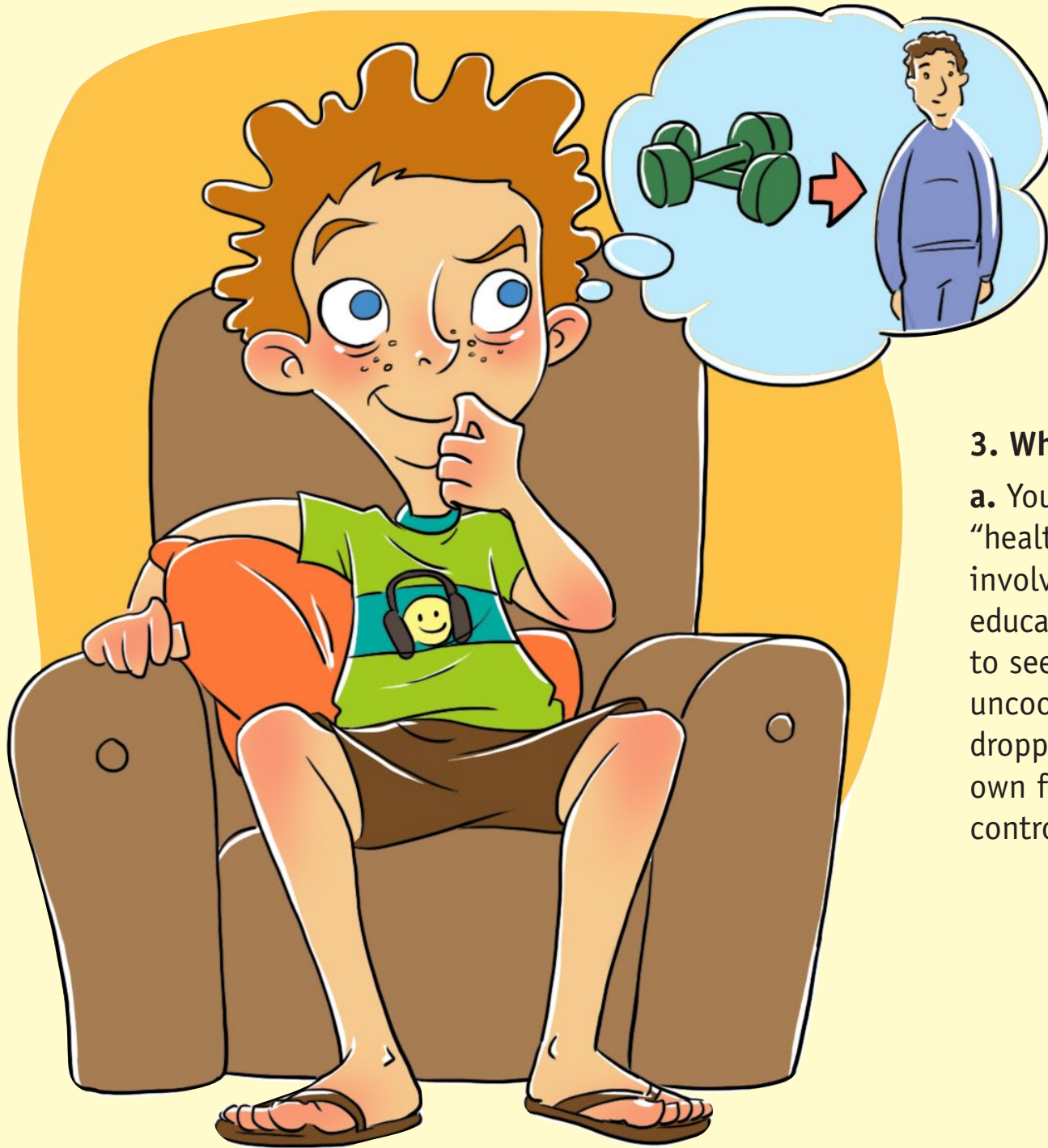
2. What does “eating healthy” mean?

a. “Eating healthy” is something you do when you need to choose between buying a triple-fudge-chocolate-cheesecake brownie, and the almond-triple-fudge-chocolate-cheesecake brownie with your pocket money. (You read somewhere that almonds were good for you.)

b. You only eat things that you planted, picked, and prepared yourself.

c. You eat what's set before you giving thanks (Luke 10:8), while trying to make sure you usually eat foods that build your health. You understand that your body is the temple of God (1 Corinthians 6:19), which is another way of God saying that you're priceless, and therefore your body deserves the healthiest foods possible.



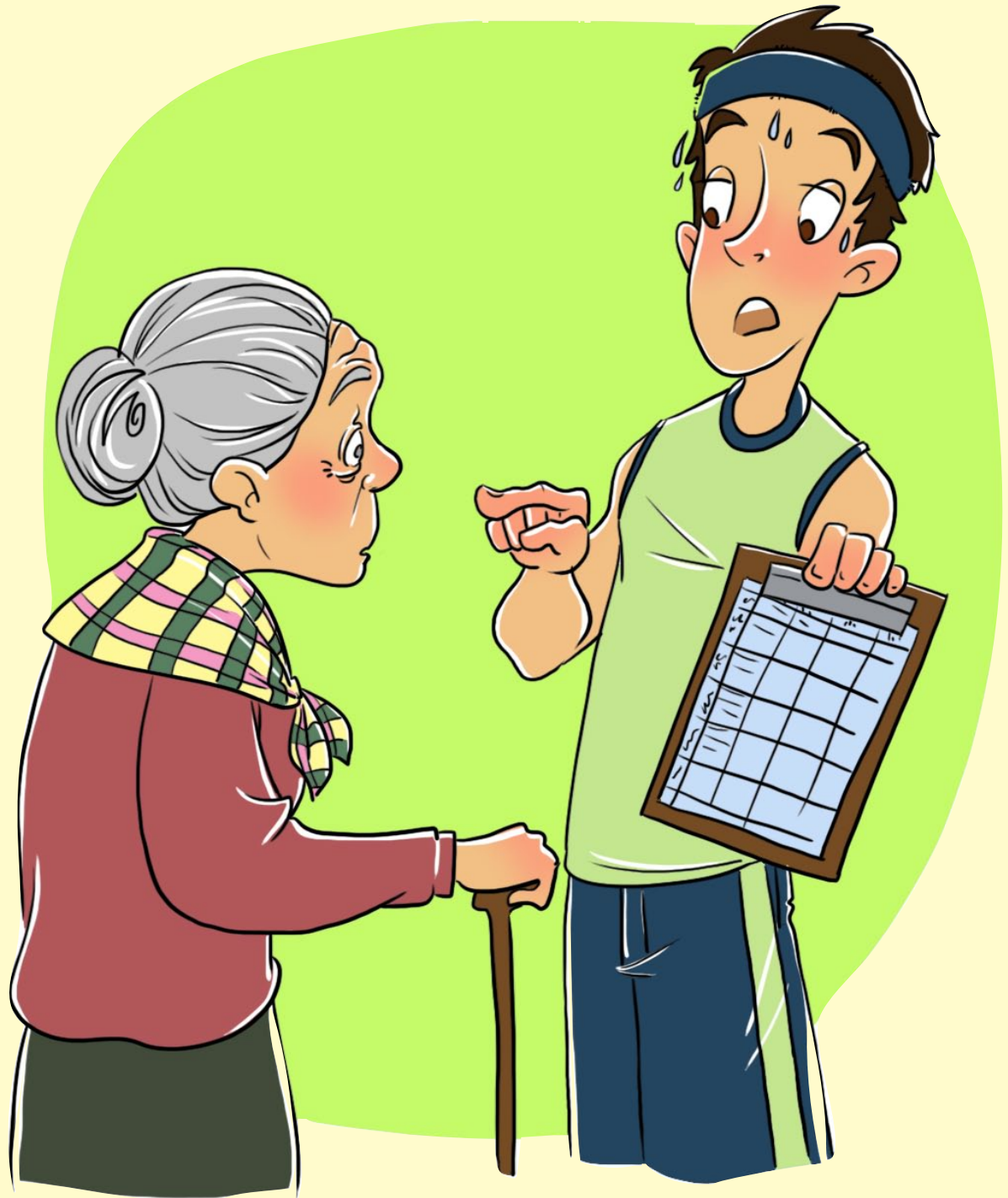


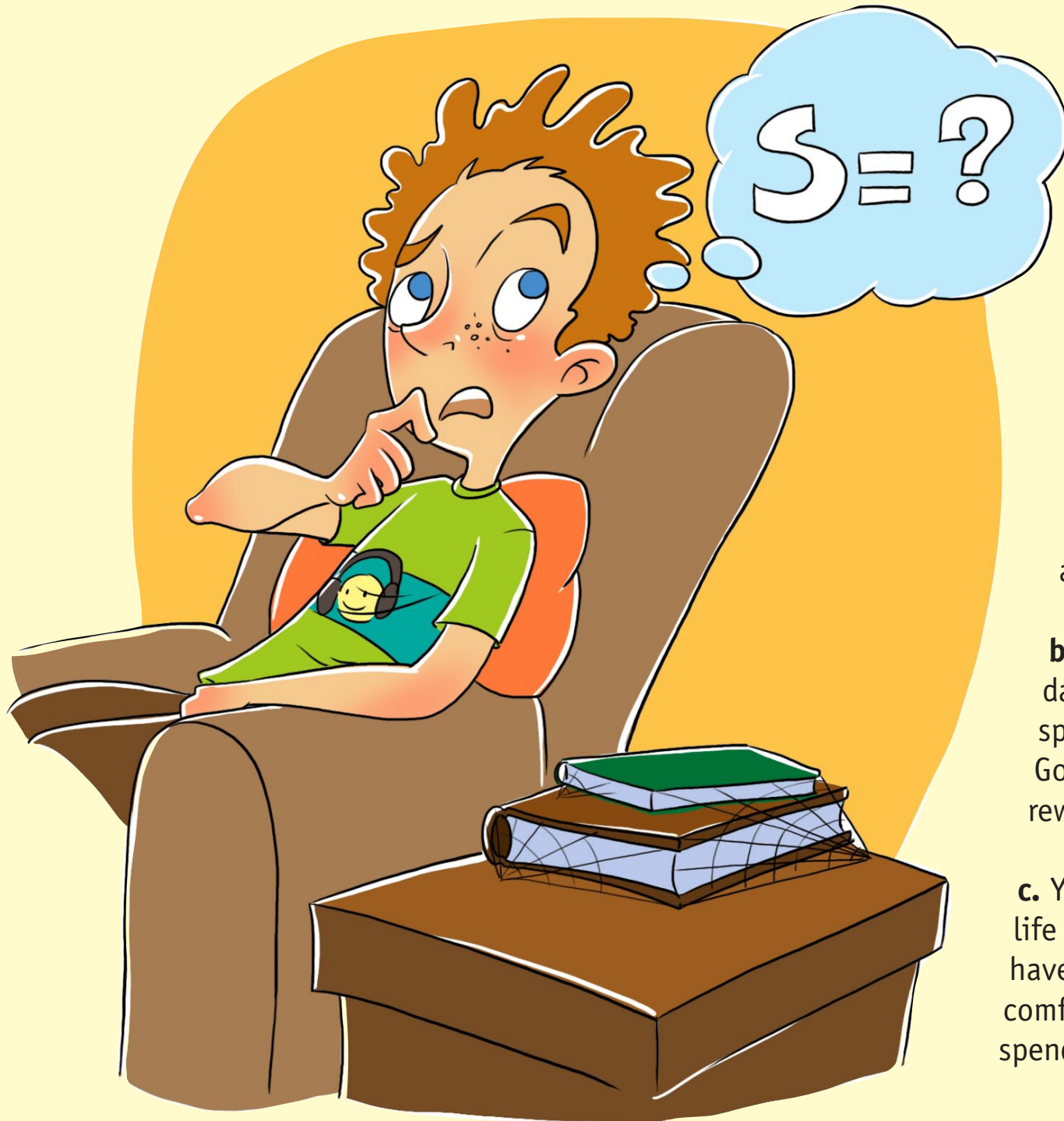
3. What does “healthy living” mean?

a. You’ve heard people talk about “healthy living,” and you know it involves “physical education.” “Physical education” is something you would like to see others do. You know of a lot of uncoordinated people who are always dropping things or tripping over their own feet, and they need to learn how to control themselves.

b. You are all about healthy living. You are on the basketball team, the volleyball team, and the rowing team. (You tried out for the cheerleading squad, but you realized you couldn't cheer and play basketball at the same time.) On the weekends you swim at your local pool, and early in the mornings you jog on the treadmill preparing to be the world's youngest person to participate in a triathlon. You drink large amounts of protein shakes to keep fueled up. Anyone who doesn't exude the same amount of physical prowess as you is not living healthily, and should be put on a strict health regimen immediately.

c. You understand that living healthily is about balancing the various physical needs of your body, which includes regular exercise, good sleep at night, and healthy eating habits. Living healthy is not the goal in itself; it is what smart people do that enables them to reach their full potential in life.





4. How much time do you spend reading God's Word?

a. Time? What is time? It is but a vapor! Someone in the Bible said that. Maybe it was Samson, ... or it could have been the prophet Samuel, or King Solomon. ... You're pretty sure it was someone whose name started with an "S."

b. It's the only thing you do, every day, 24/7. Anyone who doesn't spend every waking moment reading God's Word will have no heavenly rewards.

c. You have made it a habit in your life to turn to God's Word when you have a problem, when you need comfort, or and most of all, simply to spend time with Jesus.

5. How much time do you spend with your friends?

a. All the time. You believe in establishing great friendships. You think it's okay to skip homework to be with your friends, because you want to support them—especially when they've been demoted to a lower level of *Lawn Mower Race Challenge II*. Supporting your friends is very important to you. Even at dinner times with your family, you're constantly texting your friends.

b. Friends? You wonder if action figures count (since you play with them a lot).

c. Friends are important to you, so you make time to be with them. But as a good friend, you don't want them to fail their math or science tests because they're hanging out with you. You make sure that you've all taken care of your responsibilities before chilling.





SCORE CARD:

If you've mostly answered "a's"

You have difficulty controlling your desire for fun and play; you secretly think it's your right to be able to do what you want, when you want.

Practicing moderation along with a little helping of self control is something you'll need to focus on in order to get your life into a godly balance. You can do it!

If you've mostly answered "b's"

Could it be possible that you have too much self control? In fact, it might even be mixed in with a large bit amount of ... ahem... self-righteousness. While it's good to work hard, and it's important to live healthy and study God's Word, having fun and enjoying the friendship of others is also an important part of living a balanced life.

Add a healthy dose of friendship, fun, and tolerance to your days, and you'll be on an early path to living a balanced life.





If you've mostly answered "c's"

You understand that "moderation" is about avoiding extremes in all areas of your life. So you play, study, eat healthily, exercise, and do those things that result in a balanced life, without going to the extreme in any area. Congratulations!