

KEYS TO LIVING AN ABUNDANT LIFE



Jesus Himself said,

“The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.” (John 10:10)

- Though as Christians we are in a continual ongoing spiritual war, (1 Peter 5:8-9)
- *Though we live in an imperfect world and will experience many tribulations, (Acts 14:22)*
- Though as Christians we will be rejected and hated at times for our faith, (John 15:18-19) and
- *Though at times we will go through great struggles and disappointments in life*

As Christians we can truly *live a rich life that is full of purpose and meaning* here on earth, with a knowledge that in the life to come it will be all perfect



Jesus Himself said,

“These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation, but be of good cheer, I have overcome the world.” **(John 16:33)**



The Apostle Paul wrote,

“Now thanks be to God who always leads us in triumph in Christ, and through us diffuses the fragrance of His knowledge in every place.”

(2 Corinthians 2:14)

- As Christians we have the potential to make a great difference in our world for eternity. We serve an awesome and faithful God who chose us so that we can bear much eternal fruit in our lives. (John 15:16)



The Apostle Paul wrote,

**“Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,”
(Ephesians 3:20)**

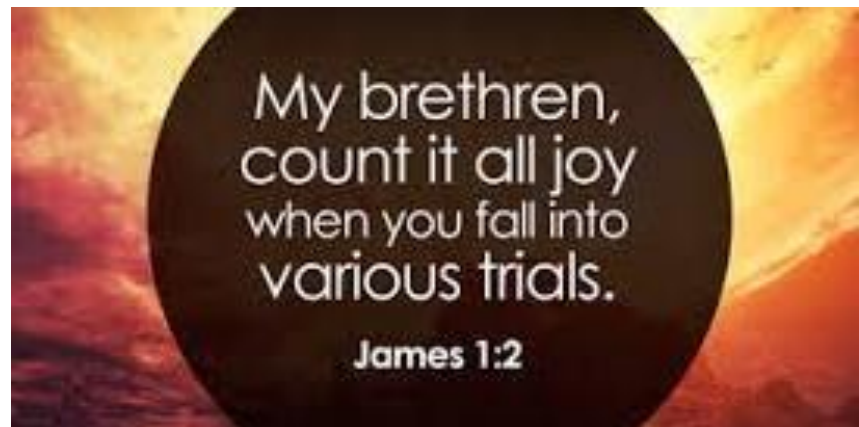
The word of the LORD came to the Prophet Jeremiah in prison, “Call to Me, and I will answer you, and show you great and mighty things, which you do not know.” (Jeremiah 33:3)

- So as Christians we have the ability to live a life of great purpose and meaning, even during those times when we are experiencing trials and struggles
- God is able to comfort and strengthen us during the storms of life through the Holy Spirit, who gives us a peace and joy that those in the world do not know. (John 14:27) (2 Corinthians 1:3-5)



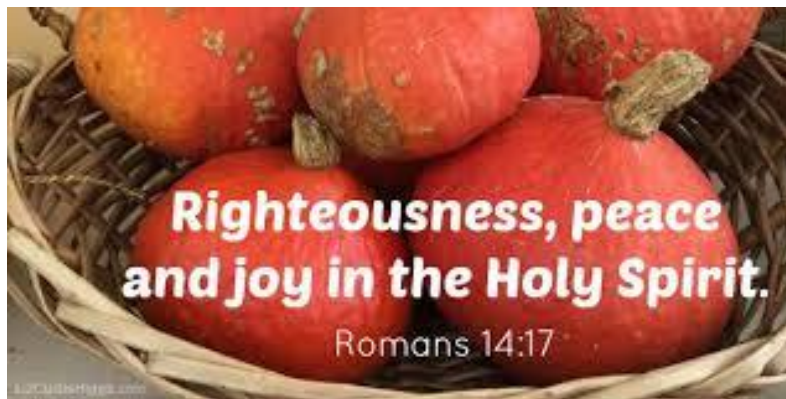
In the book of James we read,

“My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete lacking nothing.” (James 1:2-4)



The Apostle Paul wrote,

“For the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.” (Romans 14:17)



In this teaching I will be sharing *ten keys* that can help all believers to experience the life and life more abundantly that Jesus spoke of

1) Practicing the presence of God in our lives

- It is so important that we draw aside on a regular basis to spend quality time in God's presence
- Continually abiding in Christ is a great key to bearing fruit in our lives as believers (John 15:4-5)
- We must refuse to allow the busyness of life and life's challenges to stop us from spending quality time in the presence of the LORD



King David wrote,

“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!” (Psalm 46:10)



When we spend quality time in the LORD's presence we will:



- Experience fullness of joy. (Psalm 16:11) The joy of the Lord is our strength (Nehemiah 8:10)
- Be strengthened as we wait upon the Lord



In the book of Isaiah we read, “He gives power to the weak, And to those who have no might He increases strength ... But those who wait on the Lord Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.

(Isaiah 40:29 AND Isaiah 40:31)



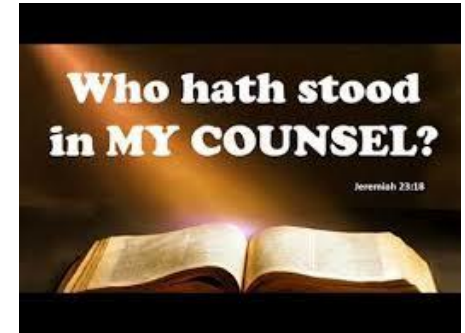
When we spend quality time in the LORD's presence we will also:



- Be filled afresh with God's love (Ephesians 3:19)
- Enjoy the peace of God which surpasses all understanding. Jesus is the Prince of Peace (Isaiah 9:6)
- Receive encouragement from God to remain strong in our faith, and
- Receive wisdom and revelation from God to do life well and to help us to fulfil God's plan for our life (Psalm 37:4)



**In the book of Jeremiah we read,
“For who has stood in the counsel of the
LORD, And has perceived and heard His word?
Who has marked His word and heard it?”
(Jeremiah 23:18)**



- **Spending quality time with the LORD on a regular basis is therefore a great key to experiencing the life and life more abundantly that Jesus spoke of**



- **King David had a great love for God and became Israel's greatest King.**



He wrote in Psalm 63,

“O GOD, You are my God; Early will I seek You; My soul thirsts for you; My flesh longs for You in a dry and thirsty land where there is no water.

So I have looked for You in the sanctuary, To see Your power and Your glory.

Because Your lovingkindness is better than life, My lips shall praise You.” (Psalm 63:1-3)



Psalm 63

Wilderness

“O God, You are my God, I shall seek You earnestly; My soul thirsts for You, my flesh yearns for You, in a dry and weary land where there is no water.”

(Psalm 63: 1)

- The more we talk about our problems the bigger they begin to appear

- There is great power in our words, either for the good, or for the bad

In the book of Proverbs we read,

“Death and life are in the power of the tongue,
And those who love it will eat its fruit.”

(Proverbs 18:21)

- **Our words invariably frame our future. We need to continually speak God’s perspective over our lives and future. That “For with God nothing will be impossible.” (Luke 1:37)**



- **We need to continually focus on those things that will keep our faith built up**

The Apostle Paul wrote,

“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy - meditate on these things.” **(Philippians 4:8)**



- We need to continually focus on God's ability to help us to fulfil His plan and destiny for our lives. We need to keep our focus on what God says about our lives as believers and not the opinions of others and what our circumstances may look like



- **As believers we can build our lives on all of the promises of God in His word**
The Apostle Paul wrote, “For all the promises of God in Him are Yes, and in Him Amen, to the glory of God through us.” (2 Corinthians 1:20)

- **The bible makes it clear that we can depend on the faithfulness of God.**



King David wrote,

“Trust in the Lord, and do good; Dwell in the land, and feed on His faithfulness. **Delight yourself also in the Lord,** And He shall give you the desires of your heart. Commit your way to the Lord, Trust also in Him, And He shall bring it to pass.”

(Psalm 37:3-5)



3) We need to continually CHOOSE to associate with people of faith and vision

- We must not allow negative and critical people to become part of our *inner circle* of friends
- We become like the company that we keep
- We need to continually associate with people who will help to encourage us to become all that God has planned for our lives



In the book of Proverbs we read, “The righteous should choose his friends carefully, For the way of the wicked leads them astray.” (Proverbs 12:26)



“He who walks with wise men will be wise, but the companion of fools will be destroyed.” (Proverbs 13:20)



It is so important that our significant friends add value to our life and encourage us to grow in Christlike character and to reach our full potential in our walk with the Lord

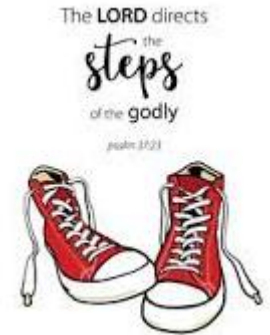
4) We need to continually CHOOSE to trust God at all times and to be not moved by our circumstances.



- **When we put Christ first in our life, God promises to meet our every need in life.**

Jesus Himself said, “Therefore do not worry, saying, ‘What shall we eat?’ Or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you.” **(Matthew 6:31-33)**

- The bible makes it clear that the steps of a good man are ordered by the Lord.



King David wrote, “The steps of a good man are ordered by the LORD and He delights in his way. Though he fall, he shall not be utterly cast down; For the LORD upholds him with His hand.”
(Psalm 37:23-24)

- So when Jesus Christ is truly Lord of our life, we can be assured that God will meet our every need in life and help us to complete what He has called us to do in life

The Apostle Paul wrote,

“Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ.” **(Philippians 1:6)**

In the book of Proverbs we read,

“Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.” **(Proverbs 3:5-6)**



- *Continually trusting the Lord* is the key to seeing all that God has planned and purposed for our life coming to pass and to experiencing God's blessings and favour upon every area of our life.

- God's ways are higher than our ways (Isaiah 55:8-9) and He always has our best interests at heart



- Even during the winter seasons of our life we can be assured that God is always working all things together for our good in the long run

The Apostle Paul wrote,

“And we know that all things work together for good to those who love God, to those who are the

called according to His purpose. For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren.” **(Romans 8:28-29)**



- **We must simply choose to TRUST God at all times**
- **In doing this we will see all that God has planned and purposed for our life coming to pass**

5) That we soak in God's word and are both hearers and doers of God's word

- Consistently meditating on the word of God will bring *transformation* to our lives and *strengthen our faith*
- Building our lives on the word of God is a great key to prospering in our life and to succeeding in all that we do in life
- It is in the application of God's word to our own lives, (being both hearers and doers of God's word), that our lives will be built on a firm foundation and bear much fruit



The Apostle Paul wrote,

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” **(Romans 12:2)**

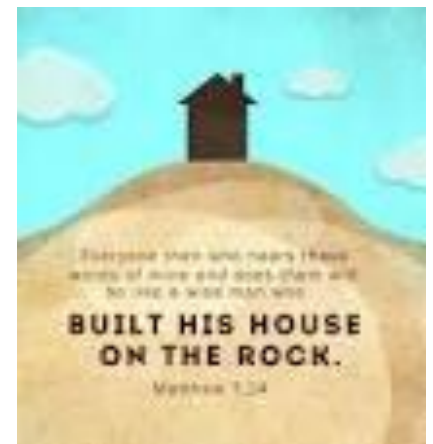
The LORD said to Joshua,

“This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. *For then you will make your way prosperous, and then you will have good success.*” **(Joshua 1:8)**



Jesus Himself said, “But these are the ones sown on good ground, those who hear the word, accept it, and bear fruit: some thirtyfold, some sixty, and some a hundred.” **(Mark 4:14-20)**

Jesus also said, “Therefore, whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the **rock**; and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock.”
(Matthew 7:24-25)



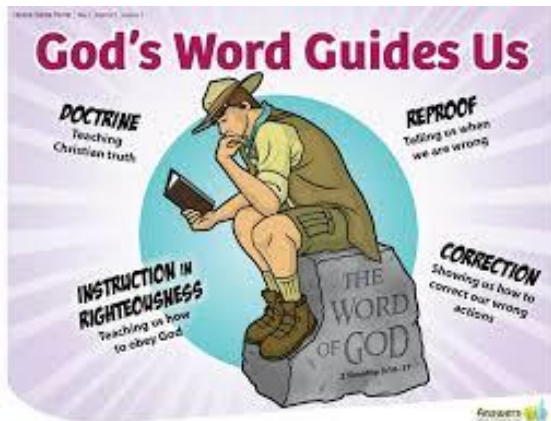
- Consistently studying the word of God will help to give us the wisdom that we need to do life well



- Consistently meditating on the word of God also helps us to grow in Christlike character. This is a key to God opening up greater doors of opportunity in our lives to make more of a difference in this world for eternity

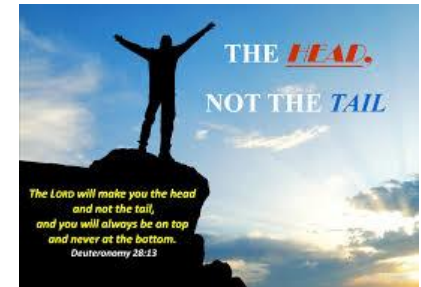
The Apostle Paul wrote,

“All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, *that the man of God may be complete, thoroughly equipped for every good work.*” (2 Timothy 3:16-17)



- **Consistently meditating on the word of God also helps us to develop Kingdom thinking so that we begin to live in the way that God intended for us to live as believers**

- *That we are the head and not the tail*
- *The we are above only, and not beneath*
- *That we are more than conquerors through Christ who strengthens us (Romans 8:37) (Philippians 4:13)*
- *That our light so shines before men that they may see our good works and glorify our Father in Heaven, and*
- *That we fully embrace our life's potential in Christ and experience the great and mighty things that God has planned for our life (Jeremiah 33:3)*



6) The importance of being continually filled with the Holy Spirit

- Even Jesus Himself depended on the Holy Spirit to fulfil His ministry here on earth. Jesus continually ministered in the power of the Holy Spirit



In the book of Acts we read,

“how God anointed Jesus of Nazareth with the Holy Spirit and with power, who went about doing good and healing all who were oppressed by the devil, for God was with Him.” (Acts 10:38)

- Being *continually* filled with the right spirit, the Holy Spirit, (who is also known as the Spirit of truth), keeps us safe from deception (1 Timothy 4:1) and empowers us to fulfil all that God has planned for our lives



This is why the Apostle Paul wrote,

**“And do not be drunk with wine, in which is dissipation; but be filled with the Spirit,”
(Ephesians 5:18)**

- Being continually filled with the Holy Spirit empowers us to be effective in witnessing to and ministering to others. As we give out to others we ourselves also need to be continually filled afresh with the Holy Spirit



Jesus Himself emphasised the importance of being baptized

in the Holy Spirit when He said to His disciples,

“But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.” **(Acts 1:8)**

- As believers we have through the Holy Spirit dwelling in us a great power within to achieve great things for God's glory

The Apostle Paul made this clear when He wrote,

“But if the Spirit of Him who raised Jesus from the dead dwells in you,

He who raised Christ from the dead

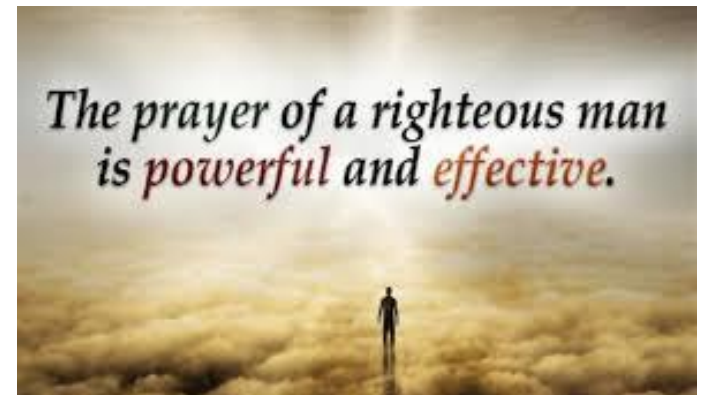
will also give life to your mortal bodies through His Spirit who dwells in you.” (Romans 8:11)



- **We need to learn to continually depend on the Holy Spirit's enabling power in all that we do. God's strength is made perfect in our weakness**

7) We need to have a lifestyle of prayer and pray into being what God has planned for our lives

- As Christians we are in a continual spiritual war. We have a very real enemy, the Devil, who is out to destroy God's plans for our life
- Prayer helps to remove the hindrances and mountains in our life that would try and prevent us from realising our full potential in Christ



Jesus Himself said, “Have faith in God. For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says.

“Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.”
(Mark 11:22-24)



- We have a God who both hears and answers all of our prayers that are in line with His will for our life
- We must simply be persevering in our prayers until we see the breakthroughs in our life (Luke 18:1-8)



The Apostle John wrote, “Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him. (1 John 5:14-15)”



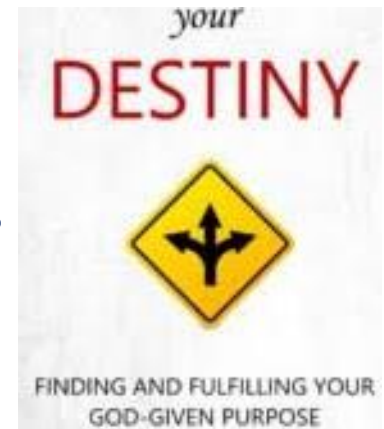
- **Prayer can also help us to keep our peace at all times.** We must simply learn to instinctively take all of our problems and cares to Jesus in prayer. To enjoy continual peace at all times is a big part of enjoying the life and life more abundantly that Jesus spoke of



The Apostle Paul wrote, “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” (Philippians 4:6-7)

8) We need to wholeheartedly pursue God's plan and purpose for our life.

- Fully engaging in God's plan and purpose for our life is a great key to experiencing the life and life more abundantly that Jesus spoke of
- We were all as believers saved for a unique God given plan and purpose.



The Apostle Paul wrote, “For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.” (Ephesians 2:10)

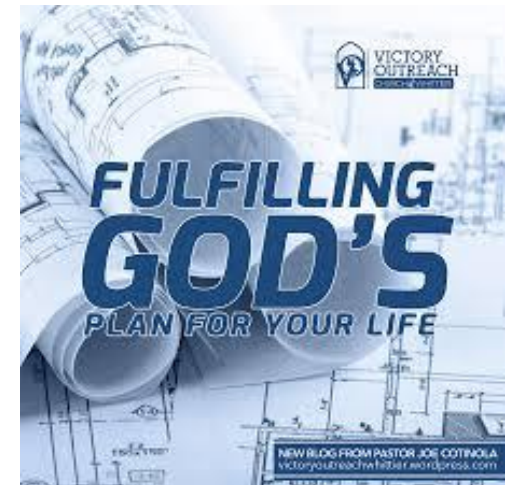
Jesus Himself said, “My food is to do the will of Him who sent Me, and to finish His work.” (John 4:34)

- What energised and motivated Jesus during His time here on earth was to do His Father’s will
- So too what will give us great purpose and meaning over the course of our entire life, is to allow God's plan and purpose for our life to continually unfold.
- As we are faithful in the little we will see God opening up greater doors of opportunity to make an ETERNAL DIFFERENCE in the lives of many people. (Matthew 25:14-23)



- Jesus Himself made it clear that He came that we may have a life of great purpose and meaning as we live for Him. That we may experience the life and life more abundantly that He spoke of during our time here on earth

- We must refuse to envy what others may be doing in life or try and copy and emulate others



- We will be most fulfilled by becoming the best at what God has called us to do in life

9) We need to cultivate loving and healthy relationships with others.

- Life is all about relationships



- When we continually maintain our first love for Jesus we will always appreciate the importance of having healthy and loving relationships with others

- Jesus Himself gave two simple commandments to help us to do life well. In a nutshell to love God and to love others



We see this when Jesus said to one of the scribes, “And you shall love the LORD your God with all your heart, with all your soul, with all your mind, and with all your strength.’ This is the first commandment. And the second, like it, is this: ‘You shall love your neighbour as yourself.’ There is no other commandment greater than these.” (Mark 12:31)



Having good relationships with God and with others helps to give great meaning and purpose to our lives and to keep us emotionally healthy

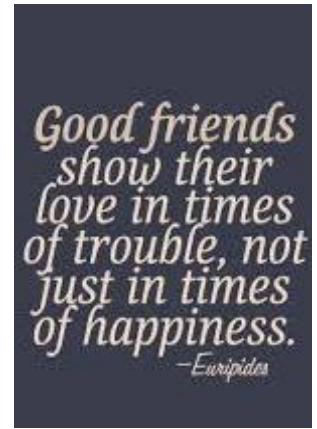
In the book of Ecclesiastes we read,

“Two are better than one, Because they have a good reward for their labour.

For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up.” (Ecclesiastes 4:9-10)



- The bible makes it clear that having loyal and faithful friends is very important in life
- For this reason we need to value our friendships and appreciate those people that God has brought into our lives



- Investing quality time in our friendships is therefore very important. We must never take our relationships for granted



- We must not allow the spirit of this world to impact the way that we relate to people. In the world people love money and use people, but as believers we are always to love people and to use money

10) The importance of having fellowship with other believers and being planted in a loving local bible based church

- As Christians we all need encouragement and wisdom to do life well, especially given the lawless times that we are now living in
- Our God given destiny in life will always be outworked in connection with other believers
- As Christians we are not meant to be lone rangers as we all need one another within the body of Christ (1 Corinthians 12:12-28)



- Fellowshiping with other believers helps us to have a loving support network and to receive wisdom from other mature believers so that we can do life well



- **There is wisdom in a multitude of counsellors**
In the book of Proverbs we read,
“Where there is no counsel, the people fall; But in the multitude of counsellors there is safety.”
(Proverbs 11:14)

- The writer of the book of Hebrews clearly emphasised the importance of having fellowship with other believers when he wrote, “Let us hold fast the confession of our hope without wavering, for He who promised is faithful. And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.”
(Hebrews 10:23-25)



- Being continually planted in a local church fellowship is a great key to flourishing in our walk with the Lord and to fulfilling all that God has planned for our life



The Psalmist wrote,

“Those who are planted in the house of the Lord shall flourish in the courts of our God. They shall still bear fruit in old age; they shall be fresh and flourishing. To declare that the LORD is upright; He is my rock, and there is no unrighteousness in Him.” **(Psalm 92:13-15) AND**

11) We must not let our past define our future

- We must not allow our past mistakes, disappointments and bad experiences to stop us from embracing the new things that God has planned for our life



- We must refuse to live with regrets. It will sabotage our future



- God will even use our past mistakes for His glory if we can release our past hurts and embrace the new things that God has planned for our life

Constantly reflecting on our past failures and disappointments will;

- Cause us to become discouraged and steal our joy
- Make it impossible to make a fresh start in life
- Hinder our ability to forgive others
- Stop us from embracing new God given opportunities
- Negatively affect our ability to make right choices in the future that are in line with God's will for our life
- Feed our fears, particularly when we are looking at entering into new relationships, and
- Limit what God can do in and through our lives



- Rehearsing our past hurts and refusing to forgive people that have let us down in life will bind us up and prevent us from moving on into the wonderful future that God has planned for our life
- **Harbouring unforgiveness in our hearts will negatively affect our relationships with others**

- Neither our level of education, our family background, our age, or our past mistakes, will stop us from having a future full of purpose and meaning as a Christian, IF we fully let go of our past failures and even successes. **God has so much more for our future**



- There will be different seasons in our life
- We must always be prepared to let go of the old things to embrace the new things that God has planned for our life



In the book of Isaiah we read,

“Do not remember the former things, Nor consider the things of old. Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness and rivers in the desert.” (Isaiah 43:18-19)

In the book of Jeremiah we read,

“For I know the thoughts that I think toward you says the LORD, thoughts of peace and not of evil, to give you a future and a hope. Then you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and find Me, when you search for Me with all your heart.”

(Jeremiah 29:11-13)



The simple fact is that when we fully surrender our lives to Christ, our past does not define our future. God has a wonderful future for each of our lives

- **But like the Apostle Paul we need to choose to let go of our past failures and disappointment and wholeheartedly embrace the future that God has planned for our life**



The Apostle Paul wrote,

“Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. Brethren, I do not count myself to have apprehended; **but one thing I do**, *forgetting* those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus.” **(Philippians 3:12-14)**

So in conclusion:

- May I encourage you to fully embrace the abundant life that Jesus spoke of from today on
- That you would continually trust the LORD at all times and wholeheartedly pursue God's plan for your life
- That you would make your relationships with both God and others a great priority in your life
- That you would be selective about which people you let into your inner circle of friends



- That you would build your life on the word of God and lead a lifestyle of prayer in which you pray into being your God given destiny
- That you would be continually filled with the Holy Spirit, and
- That from today on you would let go of the past and make a decision to fully appropriate the life and life more abundantly that God has planned for your future, by applying the keys in this teaching to your own life
- GOD HAS SO MUCH IN STORE FOR YOUR FUTURE

