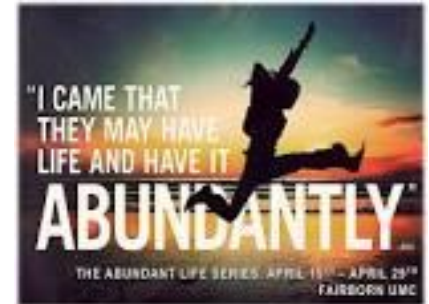


# LIVING THE ABUNDANT LIFE THAT JESUS SPOKE OF



As Christians we have the ability to live a life of great purpose and meaning, irrespective of what may be going on in our world.

**Jesus Himself said, "... I have come that they may have life, and that they may have it more abundantly." (John 10:10)**

- The simple fact is that we live in an imperfect world. In the life to come it will be all good
- The bible also makes it clear that as Christians we will also receive opposition for our faith

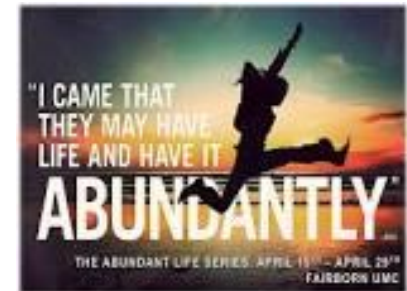
**Jesus Himself said,**

“If the world hates you, you know that it hated Me before it hated you. If you were of the world, the world would love its own. Yet because you are not of the world, but I chose you out of the world, therefore the world hates you.”

**(John 15:18-19)**



- As Christians we can make a great difference in our world as we learn to live an overcoming and victorious Christian walk
- There is no greater life than loving Jesus Christ and living for Him whole heartedly
- However we are not exempt from troubles as Christians
- In fact often the more we want to live for the Lord the more challenges we can experience in life. But God is with us every step of the way



- The simple fact is that we have a very real adversary, the devil, who will continually try and prevent us from fulfilling God's plan for our life

**The Apostle Peter wrote,**

**“Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.” (1 Peter 5:8-9)**



- Many in the world will also at times reject us for our faith and even try and make our lives difficult



**The Apostle Paul wrote,**

**“Yes, and all who desire to live godly in Christ Jesus will suffer persecution.” (2 Timothy 3:12)**

- Yet in Christ, as believers we can soar above the problems of our life and experience continually the life and life more abundantly that Jesus spoke of, even in the winter seasons of our life.

- We all at times will have setbacks and disappointments in life



- Not everyone will treat us fairly in life
- Yet in Christ we can have peace at all times

**Jesus Himself said,**

**“Peace I leave with you, My peace I give to you; not as the world gives do I give you. Let not your heart be troubled, neither let it be afraid.” (John 14:27)**



In this teaching I will be sharing seven keys that can help us to LIVE the abundant life that God wants us to enjoy



**1) Making our relationship with the LORD our highest priority in life.** (Intimacy with the Lord is crucial to embracing the fullness of life that God has planned for each and every believer's life)

**The Apostle Paul wrote,** "But what things were gain to me, these I have counted loss for Christ. Yet indeed I also count all things loss for the excellence of the knowledge of Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them as rubbish, that I may gain Christ." **(Philippians 3:7-8)**

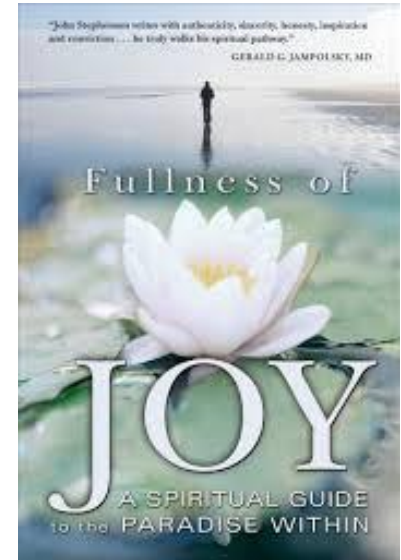
- **Jesus Himself emphasised the importance of putting Him first in our life when He said,**  
“‘And you shall love the LORD your God with all your heart, with all your soul, with all your mind, and with all your strength.’ This is the first commandment.” **(Mark 12:30)**



- **Intimacy with the Lord helps us to maintain our joy and to experience peace and purpose and fruitfulness in our Christian walk**



- **King David wrote,**  
“You will show me the path of life;  
In Your presence is fullness of joy;  
At Your right hand are pleasures  
forevermore.” **(Psalm 16:11)**

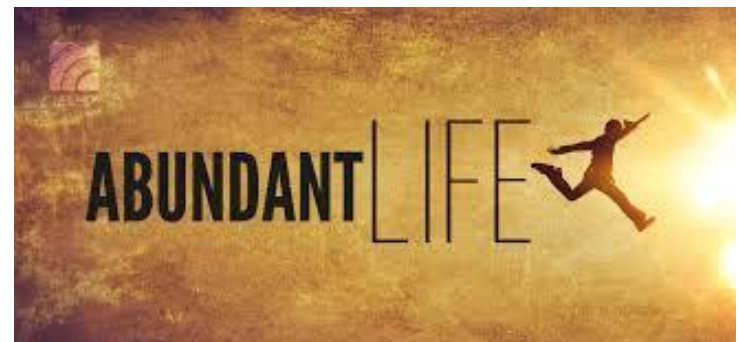
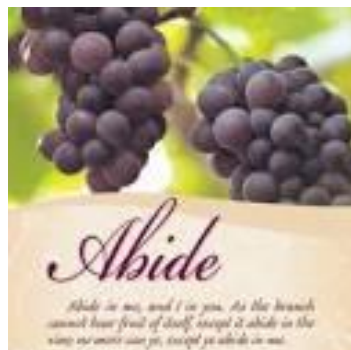


- The joy of the Lord is our strength (Nehemiah 8:10) and will help to keep us strong during life's trials and challenges
- Intimacy with the Lord is also crucial to our lives bearing much fruit



**Jesus Himself said,**

**“Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.” (John 15:4-5)**



- It is in maintaining an ongoing intimate walk with the Lord that we can enjoy fullness of life in every season of our life



- King David's greatest passion was to know God intimately. He became Israel's greatest King
- It is in maintaining an ongoing intimate walk with the Lord that we can experience great stability in our lives and have a *proper understanding of what matters most in life*

# Three disciplines that can help us to maintain an ongoing intimate walk with the Lord are;

## i) Starting each day in God's presence with our bible open

- Just one word from God will help to get our day off to a good start
- Beginning our day with the Lord and being filled with His peace helps to get our day off to a good start
- Getting wisdom from God at the beginning of our day helps us to make right choices during the day



**King David wrote, “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. Thus I will bless You while I live; I will lift up my hands in Your name. My soul shall be satisfied as with marrow and fatness, And my mouth shall praise You with joyful lips. When I remember You on my bed, I meditate on You in the night watches. Because You have been my help, Therefore in the shadow of Your wings I will rejoice.” (Psalm 63:1-7)**



## ii) Being continually filled with the Holy Spirit

- There is a great key to continually walking in the spirit and being empowered to witness to others
- Being continually filled with the Holy Spirit helps us to maintain our peace and joy in life and to grow in Christlike character

**The Apostle Paul wrote,**

**“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.” (Galatians 5:22-23)**



You Were  
Created to  
Become Like  
Christ

**The Apostle Paul also wrote,**

“For this reason I bow my knees to the Father of our Lord Jesus Christ, from whom the whole family in heaven and earth is named, that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height - to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.” (Ephesians 3:14-19) **AND**



### iii) Having a lifestyle of worship

- Worship helps us to experience God's presence in a real and tangible way. In His presence is fullness of joy



- Worship helps to change the way that we see things as we focus on the bigness of our God

- God inhabits the praises of His people



- Genuine heartfelt worship helps to change our heart and to give us God's compassion for others



**In the book of Psalms we read,**

**“But You are holy, Enthroned in the praises of Israel.” (Psalm 22:3)**



**King David also wrote,**

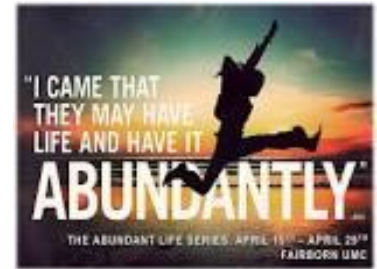
**“Delight yourself also in the Lord, And He shall give you the desires of your heart.” (Psalm 37:4)**



**HEARTFELT WORSHIP HELPS US TO  
GET GOD’S PERSPECTIVE FOR OUR LIFE**

**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)**



- Intimacy with the Lord helps us to realise our full potential in life and to enjoy each day of our life, irrespective of what may be going on in our life
- **When Christ is at the centre of our life, our happiness no longer depends on our circumstances always having to be favourable**

## 2) Living our life as Christ's ambassadors here on earth (Living for the Kingdom Cause)

**The Apostle Paul wrote, “Now then, we are ambassadors for Christ, as though God were pleading through us: we implore you on Christ's behalf, be reconciled to God.” (2 Corinthians 5:18-20)**

- **As Christians we are meant to be in the world but not of it. Living wholeheartedly for the Kingdom Cause is a great key to experiencing the life and life more abundantly that Jesus spoke of**
- **For true believers the things of this world will no longer truly satisfy them.**



- **As Christians we have been saved for a God given purpose and destiny and to make a difference in our world for eternity**

**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,**

**“Let your light so shine before men, that they may see your good works and glorify your Father in heaven.” (Matthew 5:16)**



- When we live for the Kingdom Cause we seek God for His vision and plan for our life. Without a clear God given vision for our life we can more easily make poor choices in life and squander much time. Time is our most precious resource.

**In the book of Proverbs we read,**

**“Where there is no revelation, the people cast off restraint; But happy is he who keeps the law.”**

**(Proverbs 29:18)**

- **Having a clear God given vision for our life helps us to be focused and fruitful in our walk with the Lord**



# When we live for the Kingdom Cause;

- We live with eternity in mind
- Our workplace or school and neighbourhood becomes our missions field



## Jesus Himself said,

“Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.” **(Matthew 6:19-21)**



# When we live for the Kingdom Cause;

- We find that relationships become a greater priority in life. Good friendships help to enrich our life
- We have peace in our heart and the everyday cares and challenges of life become less of an issue as we continually put the things of the Kingdom first in our lives



**In the book of Isaiah we read, “You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.” (Isaiah 26:3)**



**Jesus Himself said,**

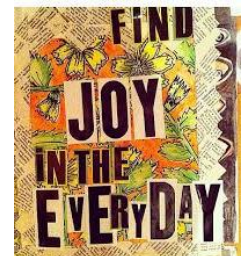
“Therefore do not worry, saying, ‘What shall we eat?’ Or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be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





# When we live for the Kingdom Cause

- We appreciate the importance of using our time and resources well
- We recognise God given opportunities to encourage others and to help lead people to Christ. In the book of Proverbs we read, “... and he who wins souls is wise.” (**Proverbs 11:30**)
- We have greater enjoyment in the everyday things of life. There is no longer any Mondayitis
- Even the mundane things of life are more enjoyable as we do things unto the Lord



**The Apostle Paul wrote,**

**“And whatever you do, do it heartily, as to the Lord and not to men, knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ.”  
(Colossians 3:23-24)**



**AND**

# When we live for the Kingdom Cause

- Our lives bear much fruit as we impact the lives of others through our vibrant and active faith

**Jesus Himself said,** “You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that whatever you ask the Father in My name He may give you.” **(John 15:16)**

- LIVING FOR THE KINGDOM CAUSE AS AN AMBASSADOR FOR CHRIST IS A GREAT KEY TO ENJOYING THE LIFE AND LIFE MORE ABUNDANTLY THAT JESUS SPOKE OF



- As Christians we are most fulfilled when we are living for the Lord and doing His will and flowing in **our own unique gifts and calling**
- As Christians it is so important that we are not negatively influenced by the spirit of this world, but that we remain focused on what God has called us to do in life
- This is a great key to enjoying great purpose and meaning in our lives



**The Apostle Paul wrote,**  
“Therefore, my beloved brethren,  
be steadfast, immovable, always  
abounding in the work of the Lord,  
knowing that your labour is not in  
vain in the Lord.” **(1 Corinthians 15:58)**



**Living to glorify God with our lives and following God’s blueprint for our life is a great key to embracing the life and life more abundantly that Jesus spoke of. Just being who God created us to be**

### 3) Not being conformed to the spirit of this world which promotes living for oneself

**The Apostle Paul wrote,**

“I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.” **(Romans 12:1)**

“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 more preoccupied we are with our own problems and desires the less happy we will be
- Most relational issues arise from people being self seeking and envious of what others have

**In the book of James we read, “Who is wise and understanding among you? Let him show by good conduct that his works are done in the meekness of wisdom. But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth. This wisdom does not descend from above, but is earthly, sensual, demonic. For where envy and self-seeking exist, confusion and every evil thing are there.” (James 3:13-16)**



- In reality the key to experiencing true joy as a believer is when we put:

- **J**esus first



- **O**thers second, and

- **Y**ourself last



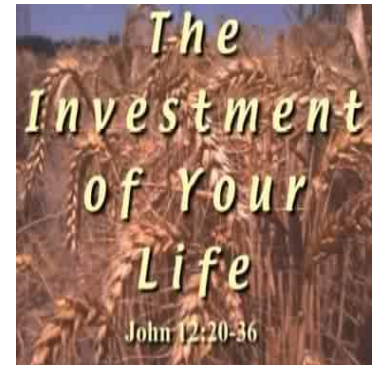


Jesus Himself gave a great key to bearing much fruit in our life when He said,

“Most assuredly, I say to you, unless a grain of wheat falls into the ground and dies, it remains alone; but if it

dies, it produces much grain. He who loves his life will lose it, and he who hates his life in this world will keep it for eternal life. If anyone serves Me, let him follow Me; and where I am, there My servant will be also.

If anyone serves Me, him My Father will honour.” **(John 12:24-26)**



## 4) Being content with what God entrusts to our care and with what He has called us to do in life



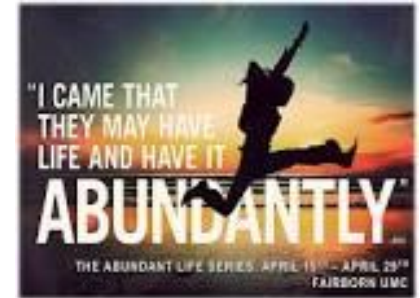
**The Apostle Paul wrote,**

“Now godliness with contentment is great gain. For we brought nothing into this world, and it is certain we can carry nothing out. And having food and clothing, with these we shall be content.”

**(1 Timothy 6:6-8)**

**The enemy will continually try and make us discontent with what we have and do in life, often through using the people that we associate with**

- Learning to find contentment in our walk with the Lord and being content with what we have is a great key to experiencing the life and life more abundantly that Jesus spoke of



- The Apostle Paul had a great love for God and knew the art of being content.

**The Apostle Paul wrote,**

**“Not that I speak in regard to need, for I have learned in whatever state I am, to be content.” (Philippians 4:11)**

- When we are faithful in the little things God then entrusts to us greater things (Luke 16:10) (Matthew 25:20-23)



- Being content in each season of our life is a great key to seeing all that God has planned for our life coming to pass. We need to learn to enjoy the journey in life
- In a world which is becoming more and more materialistic, learning to be content is a great key to enjoying life to its fullest

## 5) Continually trusting God at all times and in all circumstances

- We have a God who is both willing and able to help us at all times
- We can maintain our peace in life by continually committing all of our cares to the Lord



**In the book of Isaiah we read,**

**“You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You. Trust in the LORD forever, For in YAH, the LORD, is everlasting strength.” (Isaiah 26:3-4)**

- When we continually trust the Lord and allow Him to direct our steps in life, we can be assured that all that God has planned for our life will come to pass



**King David wrote,**

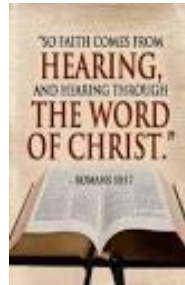
“Trust in the Lord, and do good; Dwell in the land, and feed on His faithfulness. **Delight yourself also in the Lord**, And He shall give you the desires of your heart. Commit your way to the Lord, Trust also in Him, And He shall bring it to pass.” **(Psalm 37:3-5)**

- It is crucial that our faith is always built up as Christians. Two ways in which we can keep our faith continually built up are:

i) Consistently meditating on the Word of God.

**The Apostle Paul wrote, “So then faith comes by hearing, and hearing by the word of God.”  
(Romans 10:17)**

and



ii) Being careful not to focus on things that will undermine our faith



- The Apostle Paul made it clear what we should meditate on as believers



**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)**



## 6) The importance of being planted in a local church fellowship

- **We all need encouragement in our walk with the Lord as believers.**
- Being connected to other believers in a loving Christian fellowship helps us to receive encouragement in our walk with the Lord
- **Being accountable to other mature Christians also helps us to grow more quickly in our faith**
- Enjoying fellowship with other loving Christians is a big part of experiencing the life and life more abundantly that Jesus spoke of



**In the book of Hebrews we read,**

“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)**



**AND**

## 7) The importance of quickly taking all wrong thoughts captive before they take us captive

- The real battle is for the mind. We must not allow wrong thoughts to remain in our mind
- We must learn to quickly replace all wrong thoughts with Christ centred thoughts
- If we do not win the battle for the mind we will invariably experience anxiety and discouragement in our lives and be more likely to make poor choices in life in response to the thoughts that the enemy puts on our mind



**The Apostle Paul wrote,**

**“For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.” (2 Corinthians 10:4-5)**

**Winning the battle for the mind is crucial if we are to experience the life and life more abundantly that Jesus spoke of**

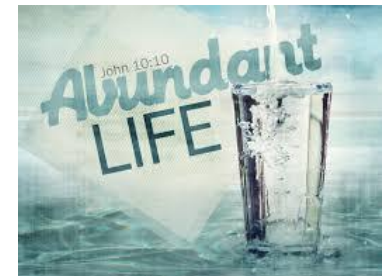


**So in conclusion seven keys that can help us to enjoy the abundant life that can only be found in Christ are:**



- 1. Making our relationship with the LORD our highest priority in life. (Cultivating intimacy in our walk with the Lord – It is the key to joy)**
- 2. Living our life as Christ's ambassadors here on earth (Living for the Kingdom Cause)**
- 3. Not being conformed to the spirit of this world which promotes living for oneself**

- 4) Being content with what God entrusts to our care and with what He has called us to do in life
- 5) Continually trusting God at all times and in all circumstances. God is absolutely faithful
- 6) The importance of being planted in a local church fellowship, and
- 7) The importance of quickly taking all wrong thoughts captive before they take us captive



**God has so much in store for every believer's life. May I encourage you today to fully embrace the abundant life that God wants you to enjoy**