

ASSIGNMENTS

1. Once a day read over this material and read or sing the song.
2. Keep the scripture where you will see it often each day.
3. Each day wake up determined to act like the child of the King of the Universe who has eternal life and an inheritance waiting.
4. Write about how you said or did something more positive and what impact it had.
5. Prepare to tell the class how you have gained a more abundant life this week, or about an opportunity you missed.



DAILY BIBLE VERSES AND PRAYER THOUGHTS

MONDAY - VERSES: 2 Corinthians 8:1-2; Philippians 1:26; 2 Peter 1:11 PRAYER THOUGHT: Great Joy Giver, help me to rejoice in the abundance available to me in Christ.

TUESDAY - VERSES: Isaiah 55:7; 1 Timothy 1:14; Titus 3:4-6; 1 Peter 1:3 PRAYER THOUGHT: Father, help me to be thankful for the abundant grace and mercy you have given us.

WEDNESDAY - VERSES: Jeremiah 33:6; Ezekiel 16:48-49; Luke 12:15; Rev. 18:2-5 PRAYER THOUGHT: Righteous one, help me to seek your abundance and not the counterfeit the world offers.

THURSDAY - VERSES: Job 36:26-28; Psalm 36:7-9 PRAYER THOUGHT: God, thank you for blessing us all so abundantly.

FRIDAY - VERSES: Exodus 8:1-6; Isaiah 15:3 PRAYER THOUGHT: Just Judge, help me to remember that your judgment can come abundantly as well as your blessings.

SATURDAY - VERSES: 1 Chronicles 22:5; 2 Chronicles 31:4-10 PRAYER THOUGHT: Master, help me to give abundantly to you as well as others.



Not what we have, but what we enjoy, constitutes our abundance. - Epicurus



“It is a fatal mistake to assume that God’s goal for your life is material prosperity or popular success, as the world defines it. The abundant life has nothing to do with material abundance, and faithfulness to God does not guarantee success in a career or even ministry. Never focus on temporary crowns.” - Rick Warren, The Purpose Driven Life

SPIRITUAL HEALTH REGIMEN - WEEK 87

ABUNDANT LIFE - 4-6-14 TO 4-12-14

SCRIPTURE - John 10:10 The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.

COMMENT – Do you ever feel like you are not getting the most out of life? Jesus came so that we could have the fullest life possible, but we are often looking for fullness of life in the wrong way. He promised a full life in spite of the circumstances.

SONG - SING AND BE HAPPY

1) If the skies above you are gray, You are feeling so blue, If your cares and burdens seem great All the whole day thru; There’s a silver lining that shines In the heavenly land, Look by faith and see it my friend, Trust in His promises grand.

CHORUS Alto in (): Sing and (you’ll) be happy (today) Press on (along) to the goal, Trust (in) Him who leads (leadeth the way) you, He will keep (is keeping) your soul; Let (the world know where you belong) all be faithful, Look to Him (Jesus) and pray Lift your voice and praise him in song, Sing and be happy today.

2) Often we are troubled and tired, Sick with sorrow and pain, There are others living in sin Blest with earthly gain; Take new courage we cannot tell What the morrow may bring, When the dark clouds vanish away Then your heart truly can sing.

3) Oft we fail to see the rainbow Up in heaven’s fair sky, When it seems the fortunes of earth Frown and pass us by; There are things we know that are worth More than silver and gold, If we hope and trust Him each day, We shall have pleasure untold.



THOUGHTS

The story is told of the Christian widow who lived next door to an atheist. Everyday when she would see him she would say something about God’s goodness which always annoyed her neighbor. He got sick of hearing her praise God no matter what was happening and looked for a way to dampen her spirits.

Finally, his opportunity arose when because of a series of difficulties the widow was out of food and money till the beginning of the next month. He overheard her praying for help from God and just knew he could crush her faith.

He bought some groceries, put them on her doorstep, rang the doorbell, and hid to see what happened. She saw the groceries and immediately began to thank God for his providence. Her neighbor stepped out of his hiding place and told her that he had provided those groceries and not God.

She began to praise God even more after hearing that. He asked her how she could be even more thankful to God after he had told her God didn't do it. She replied, "I knew God would provide for me, I just didn't know He would get the devil to pay for it."



"It is easier to act your way into a better way of feeling than to feel your way into a better way of acting." - G. D. Morgan



A little boy who lived far out in the country in the late 1800s had reached the age of twelve and had never in all his life seen a circus. You can imagine his excitement, when one day a poster went up at school announcing that on the next Saturday a traveling circus was coming to the nearby town.

He ran home with the glad news and the question, "Daddy, can I go?" Although the family was poor, the father sensed how important this was to the lad. "If you do your Saturday chores ahead of time," he said, "I'll see to it that you have the money to go."

Come Saturday morning, the chores were done and the little boy stood by the breakfast table, dressed in his Sunday best. His father reached down into the pocket of his overalls and pulled out a dollar bill-the most money the little boy had possessed at one time in all his life. The father cautioned him to be careful and then sent him on his way to town.

The boy was so excited, his feet hardly seemed to touch the ground all the way. As he neared the outskirts of the village, he noticed people lining the streets, and he worked his way through the crowd until he could see what was happening. Lo and behold, it was the approaching spectacle of a circus parade! The parade was the grandest thing this lad had ever seen. Caged animals snarled as they passed, bands beat their rhythms and sounded shining horns, midgets performed acrobatics while flags and ribbons swirled overhead. Finally, after everything had passed where he was standing, the traditional circus clown, with floppy shoes, baggy pants, and a brightly painted face, brought up the rear. As the

clown passed by, the little boy reached into his pocket and took out that precious dollar bill. Handing the money to the clown, the boy turned around and went home. What had happened? The boy thought he had seen the circus when he had only seen the parade!

Are you experiencing all that God has for you? The Christian life is a marvelous adventure, an exciting journey. Many people-including Christians-seem to be content to float in a sea of mediocrity, settling for second best. Do you want the abundant life that Jesus promised? Do you want to live life to its fullest? Then aim higher. Don't set your sights too low. Determine to become all that God created you to be. Give yourself to Christ, follow Him completely, and allow Him to work in you and through you. You ain't seen nothin' yet. - "Hot Illustrations For Youth Talks" Wayne Rice, Zonderzan, pp. 56-57.



The world is full of abundance and opportunity, but far too many people come to the fountain of life with a sieve instead of a tank car... a teaspoon instead of a steam shovel. They expect little and as a result they get little. - Ben Sweetland



THINGS TO DO TO IMPROVE YOUR LIFE

INTRODUCTION:

L.S. - IF YOU WANT YOUR LIFE TO BE BETTER . . .

I. MORE

A. COUNTENANCE IS A OF THE HEART

B. PROVERBS :

C. POEM - "THE POWER OF A "

II. MORE

A. WORDS CAN BE POWERFUL FOR -
12:25; 15:23; 16:24; 25:11; 27:9

B. COMPLIMENTED PEOPLE

C. NOT , BUT SINCERE

III. MAKE MORE STATEMENTS

A. AT AND CHURCH SERVICES

B. AT OR SCHOOL

C. TO ACQUAINTANCES AND

D. NOT , NOR POLLYANNA

3 THINGS TO DO TO IMPROVE YOUR LIFE TODAY

INTRODUCTION:

A. MOST PEOPLE WANT A BETTER LIFE, BUT THEY OFTEN LOOK TO THE WRONG THINGS FOR A WAY TO IMPROVE IT.

B. "IT IS EASIER TO ACT YOUR WAY INTO A BETTER WAY OF FEELING THAN TO FEEL YOUR WAY INTO A BETTER WAY OF ACTING." - G. D. MORGAN

L.S. - IF YOU WANT YOUR LIFE TO BE BETTER . . .

I. SMILE MORE

A. COUNTENANCE IS A MIRROR OF THE HEART

B. PROVERBS 15:13 A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.

C. POEM - "THE POWER OF A SMILE"

The Power Of Smile

The power of a gun can kill and the power of Fire can Burn
The power of wind can chill and the power of the mind can learn
The power of anger can rage inside until it tears u apart
But the Power of a Smile especially yours can heal a frozen Heart
Funmbi Aransiola

Power of a Smile

As I trudge along mile after mile

With an overwhelming need to lament.

I have faith in the one that heaven sent.

Always remember there's power in a smile.

I build my house tile after tile

He's my mortar; He has faith in me.

I want you to see what I can see.

Always remember there's power in a smile.

So don't be blue; live your life in style

If you're always down, always wearing a frown,

Put your faith in him; he wears a crown.

Always remember there's power in a smile. - Derek Dowie

II. COMPLIMENT MORE

A. WORDS CAN BE POWERFUL FOR GOOD -

PROVERBS 12:25 Heaviness in the heart of man maketh it stoop: but a good word maketh it glad.

PROVERBS 15:23 A man hath joy by the answer of his mouth: and a word spoken in due season, how good is it!

PROVERBS 16:24 Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.

PROVERBS 25:11 A word fitly spoken is like apples of gold in pictures of silver.

PROVERBS 27:9 Ointment and perfume rejoice the heart: so doth the sweetness of a man's friend by hearty counsel.

B. JESUS COMPLIMENTED PEOPLE - Matthew 11:9-11 But what went ye out for to see? A prophet? yea, I say unto you, and more than a prophet. (10) For this is he, of whom it is written, Behold, I send my messenger before thy face, which shall prepare thy way before thee. (11) Verily I say unto you, Among them that are born of women there hath not risen a greater than John the Baptist: notwithstanding he that is least in the kingdom of heaven is greater than he.

C. NOT FLATTERY, BUT SINCERE

III. MAKE MORE POSITIVE STATEMENTS - Ephesians 4:15 But speaking the truth in love, may grow up into him in all things, which is the head, even Christ:

Colossians 4:3-6 Withal praying also for us, that God would open unto us a door of utterance, to speak the mystery of Christ, for which I am also in bonds: (4) That I may make it manifest, as I ought to speak. (5) Walk in wisdom toward them that are without, redeeming the time. (6) Let your speech be alway with grace, seasoned with salt, that ye may know how ye ought to answer every man.

Luke 6:43-45 For a good tree bringeth not forth corrupt fruit; neither doth a corrupt tree bring forth good fruit. (44) For every tree is known by his own fruit. For of thorns men do not gather figs, nor of a bramble bush gather they grapes. (45) A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh.

- A. AT HOME AND CHURCH SERVICES
- B. AT WORK OR SCHOOL
- C. TO ACQUAINTANCES AND STRANGERS
- D. NOT HYPOCRITICAL, NOR POLLYANNA

CONCLUSION:

A. SUMMARY

1. Life in abundance comes only through great love. -

Elbert Hubbard

B. INVITATION

John 10:10
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