

EXPERIENCING GOD'S ABUNDANT LIFE



*“The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows).”
John 10:10*

Lesson Focus:

Through God’s Word and His Spirit we receive outstanding revelation and insight that will enable us to walk in the abundant life that Jesus came to give us—life that overflows with His goodness, grace, mercy, and love.

Introduction:

It is Jesus’ sincere desire that we enjoy our life. He longs for us to experience abundant life. He wants our lives to overflow with the good things of His kingdom. The more we renew our minds to the truths and promises of His Word, and the more we walk in obedience to His instructions, yielding to the leadership of the Holy Spirit, the more we will experience true victory in Christ.

We are given a wonderful picture in 2 Corinthians 9:8 of God's abundance. In this verse Paul says, *"God is able to make all grace (every favor and earthly blessing) come to you in abundance, so that you may always and under all circumstances and whatever the need be self-sufficient [possessing enough to require no aid or support and furnished in abundance for every good work and charitable donation]."*

When we receive Jesus as our Savior and Lord, we receive His amazing grace. Jesus told us in Luke 4:18-19 that He was anointed to bring good news, freedom, and release for the oppressed. He came *"to proclaim the year of the Lord's favor"* (NIV). All who place their faith and trust in Jesus step into His favor and grace.

God has awesome things in store for each of us regardless of what is taking place in the world around us. He has marvelous blessings for us regardless of our enemies. He will take our enemies' plans to harm us and use them for our good (Genesis 50:20). He will give us wisdom (James 1:5), and He will show us the right path to take (Proverbs 3:5-6). He works all things together for our good (Romans 8:28). His love is limitless and it never fails (1 Corinthians 13:8).

In this lesson, we will examine valuable scriptural principles and foundational truths that will launch us into a life that overflows with the good things of the kingdom of God. These biblical principles will enable us to achieve the joy-filled life that God desires for each of us. He tells us in Jeremiah 29:11, *"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future"* (NIV). God has great things planned for our lives. Living a life that is led by the Spirit of God and the Word of God is very exciting and rewarding.

SIX VALUABLE STEPS TO EXPERIENCING ABUNDANT LIFE IN GOD

1. Surrender Yourself Completely to God.

To live the full and abundant life that Jesus desires for us it is absolutely essential to dedicate and surrender ourselves completely to God. Paul makes this sincere and earnest appeal in Romans 12:1:

I appeal to you therefore, brethren, and beg of you in view of [all] the mercies of God, to make a decisive dedication of your bodies [presenting all your members and faculties] as a living sacrifice, holy (devoted, consecrated) and well pleasing to God, which is your reasonable (rational, intelligent) service and spiritual worship.

*Q*uestion:

According to Romans 12:1, what is the reasonable and intelligent thing for us to do in our service and worship of God?

*Q*uestion:

Would you make a fresh commitment today to surrender yourself completely to God?

Yielding our lives totally and completely to God is the reasonable and sane thing for us to do. God knows what is best for each of us. He has a perfect plan for our lives, and when we yield to His will and His plan, we will succeed in life.

2. Be Transformed by the Renewing of Your Mind.

In Romans 12:2, we find another extremely important step to living an abundant life. In this verse we are told:

Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you].

Question: What instructions are we given in Romans 12:2?

Question: According to this verse, why is it so valuable for us to renew our minds?

A renewed mind is the avenue to knowing God's perfect will for our lives. Jesus will show us the plan and the way to live victoriously as we yield to Him. He is the Source of our faith, and He is the Finisher of our faith (Hebrews 12:2). As our thoughts line up

with His thoughts, we will know the right path to take in every situation because we will be following the One who knows the way to genuine victory.

The Holy Spirit authored the Scriptures, and He will help us bring our thoughts into agreement with the mind of Christ (2 Corinthians 10:5). As our thoughts line up with God's thoughts, we will have all the wisdom and direction we need to live successful lives.

When I was in my late twenties, I experienced first hand the transforming work of the Word of God. At that time, I was invited to a Bible Study where I met some remarkable ladies who gave me valuable insight into the power of God's Word to impart life and health (Proverbs 4:20-22). They stressed over and over the importance of the Word of God combined with yielding to the Spirit of God.

A number of years later, when I found myself in a desperate place emotionally, God led me to spend concentrated time reading, studying, and meditating in the Scriptures. As I stayed in the Word, I made heart commitments to walk in obedience to God's instructions. I was determined to walk in the fullness of all that God desired for me. The longer I stayed in the Word, the more freedom and victory I experienced. Through the power of the Word and the Spirit, I was able to break free from the bondage that was causing the emotional pain.

3. Hold Fast to Truth.

We renew our minds with Truth from God's Word. Therefore, it is extremely important for us to understand scriptural truths. Jesus gives us clear instructions regarding the importance of biblical Truth in John 8:31-32:

So Jesus said to those Jews who had believed in Him, if you abide in My word [hold fast to My teachings

and live in accordance with them], you are truly my disciples.

And you will know the Truth and the Truth will set you free.

Question: According to John 8:31-32, what makes us true disciples?

Question: According to these verses, where do we find the Truth that sets us free?

Question: According to the following verses, how do the truths of God's Word bless our lives?

- Psalm 119:9—
- Psalm 119:24—
- Psalm 119:41-42—
- Psalm 119:45—
- Psalm 119:138—
- Psalm 119:165—

Question: How have Scriptural truths brought freedom to your life?

There are many things that are true in our world that do not bring freedom, but the truths we find in God's Word will set us free. The Truths from God's Word are powerful. As we hold fast to Jesus' teachings and live in accordance with them, we will walk in genuine victory.

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Every battle we face with the enemy of our souls is a battle for Truth. Satan was disarmed and defeated at the cross (Colossians 2:15). He has no power or authority over a believer other than lies and deception. Every believer has been given power and authority over all the power of the enemy (Luke 10:19). Lies are Satan's only means of holding us in bondage. When we are anxious, fearful, discouraged or depressed, we need to ask God to show us the lies that are causing these emotions. Then we need to ask God to reveal Truth to us from His Word that will contradict the lies.

When we agree with our enemy, we become fearful and depressed. When we agree with God, we will walk in faith and courage. Our enemy loses his hold on us when we agree with the Truth of God's Word.

While standing at my kitchen sink one morning, feeling very disheartened and discouraged, I asked the Lord, "Why am I

feeling so discouraged?” I heard Him say, “What have you been thinking?” I said, “I have been thinking that the situation that I am in is impossible.” Then I heard Him say, “What does my Word say?” At that moment I realized that I had believed a lie, and I said, “Your Word says, *‘Nothing is impossible with God’* (Luke 1:37).” When I saw the Truth, all the discouragement lifted.

We are set free when Truth is revealed. Scripture tells us that God is for us (Romans 8:31). God is on our side, and He is completely trustworthy. Nothing can separate us from the love of God, and therefore, there is no reason to be discouraged, depressed or fearful. We have an all-powerful God who is completely faithful. He loves us and He will make a way for us as we place our trust in Him. The more we renew our minds to the wonderful truths found in the Word, the more we will be released from the chains that bind us.

4. Be Cleansed by the Washing of the Word.

There is an awesome cleansing and purifying work that takes place in our lives through the Word of God. As we spend time in the Scriptures, God’s Word works as a cleansing fountain that removes impurities from our lives. As the Truth flows into our lives, impurities surface and they are washed away. Paul gives us insight into this process in the book of Ephesians. While giving instruction to husbands to love their wives, Paul reveals the love of Christ for His church and the power of His Word to cleanse. He writes in Ephesians 5:25-27:

Husbands, love your wives, as Christ loved the church and gave Himself up for her, so that He might sanctify her, having cleansed her by the washing of water with the Word.

That He might present the church to Himself in glorious splendor, without spot or wrinkle or any such things [that she might be holy and faultless].

Question: According to this passage, how important is the Word of God if we desire freedom for our lives?

Question: According to these verses, what can we trust the Truth of God's Word to do for us?

Through the instructions and the truths that I discovered while pressing into the Word of God for emotional healing, I began to walk in new levels of freedom. Little-by-little, God's Word changed my old thought patterns. Day-by-day and week-by-week, my mind was renewed, and the wrong patterns of thinking were cleansed and replaced with God's Word. With each new discovery, I experienced greater measures of God's peace and joy.

I had fallen into an emotional trap, and I desperately needed to be released. I was very vulnerable, but God was watching over me the entire time. He was so gracious and patient with me. He waited for me to cry out for help. When I did, He faithfully led me to freedom.

God's cleansing and liberating work in my life continues to this day. It is an ongoing process for which I am very grateful. We live in a fallen world, and it is important for us to stay in the cleansing fountain of God's Word. The blood of Jesus washed away all our sin and shame at the cross. His Word cleanses and renews our minds so that we can fully enjoy the cleansing work of the cross.

5. Keep God's Word in the Center of Your Heart.

Vast riches of Truth are imparted to us as we meditate in God's Word and receive revelation from His Spirit. There are amazing treasures of wisdom to be received through sitting in God's presence. Keeping God's Word in the center of our hearts is essential to living a victorious life. It is our life source. We read in Proverbs 4:20-22:

My son, attend to my words; consent and submit to my sayings.

Let them not depart from your sight; keep them in the center of your heart.

For they are life to those who find them, healing and health to all their flesh.

Question: What are we instructed to do in this passage, and what will be the outcome if we follow these instructions?

Question: How has attending and submitting to God's Word made a difference in your life?

During the time frame that I was seeking emotional healing, every time I opened my Bible I would say, "Lord, I am taking my medicine." I spent two months reading through the entire Bible specifically for healing of my emotions. As I read, I made decisions to accept and follow the instructions and counsel I received.

By the end of the two months, I began to experience amazing freedom. I had no idea that kind of freedom existed. It was as if

I had been released from chains that had been holding me in bondage for years. Until I received the comfort and liberty that the Word and Spirit brought to me, I did not know how genuinely bound I was. I had been bound for so long that it seemed normal. As the chains that were binding me broke off, I began to experience indescribable joy and peace.

6. Make God's Word Your Delight.

We find confirmation in Psalm 119 regarding the power and importance of the life-giving source of God's Word. The psalmist tells us:

This is my comfort and consolation in my affliction; that Your Word has revived me and given me life (Psalm 119:50).

Unless Your law had been my delight, I would have perished in my affliction. I will never forget Your precepts, [how can I?] for it is by them You have quickened me (granted me life) (Psalm 119:92-93).

The entrance and unfolding of Your words give light; their unfolding gives understanding (discernment and comprehension) to the simple (Psalm 119:130).

Question: According to these verses, what is the result of our delighting in God's Word?

Question: How has God's Word brought comfort, consolation, and life to you?

The following statement by Andrew Murray communicates so well the importance of delighting in the Word of God. He writes:

True life is found only in God. But that life cannot be imparted to us unless set before us in some shape in which we know and apprehend it. It is in the Word of God that the Invisible Divine life takes shape and brings itself within our reach, and becomes communicable. The life, the thoughts, the sentiments, and the power of God are embodied in His words. And it is only through His Word that the life of God can really enter into us. His Word is the seed of the Heavenly life.¹

Have you ever thought of God's Word as being the seed of Heavenly life? When we plant God's Word in our hearts, staying sensitive to the voice of the Spirit and remaining diligent in prayer, we will see amazing results. We want to remain focused and vigilant in this process, guarding and protecting our hearts from any lies or assignments of the enemy.

**WE CAN ALWAYS REST
AND TRUST IN THE
FAITHFULNESS
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EVEN IN THE
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As we learn to rest in God's promises for our lives, we will know and experience His incredible peace and comfort. We can always rest and trust in the faithfulness of God, even in the most difficult of circumstances. Through the power of God's Word, we will learn to soar in our spiritual life. Through biblical Truth, we will rise above the attempts of our enemy to defeat and destroy us.



Lesson Application:

Take some time to ask God to show you any lies that you have believed from the past, along with any lies that you presently believe. Then ask Him to show you Truth from His Word that will answer and cancel out those lies. Ask God to lead you to Scripture that will reveal the Truth you need for the situations in which you are involved at this point in time. Take those scriptural truths, precepts, and promises and begin to meditate on them until you have them firmly planted in your heart.



“For with God nothing is ever impossible and no Word from God shall be without power or impossible of fulfillment.” Luke 1:37



Dear Lord,

Thank You for the powerful truths found in Your Word. Thank You for the amazing counsel and instruction You give to me through Your Word and Your Spirit. Open the eyes of my heart to receive valuable insight and understanding each time I read and study Your Word. Thank You for enabling me to walk in Your Truth every day. I know that nothing is ever impossible with You, and no Word from You will ever be without power or impossible of fulfillment (Luke 1:37). Help me to walk in every promise and precept of Your powerful Word.

In Jesus' precious name,

Amen