

# Abundant Life!

“...I have come that they may have life, and that they may have it more abundantly.” John 10:10

What does Jesus mean by abundant life? Check all that apply

- Riches and fame Acts 3:6, Luke 9:58
- Much pleasure I Timothy 5:6, Luke 8:14
- Everything you want but don't need Matthew 19:21,22
- Peace, love, and joy in your heart, and a purpose Isaiah 26:3, Proverbs 16:20
- Eternal life I John 2: 25, I John 5:13

Look at some examples from the Bible. Which of these had an abundant life?

- Enoch Hebrews 11:5
- King Saul I Samuel 28: 5,6
- Joseph Genesis 50: 18-21
- The Pharisees Matthew 23: 2-33

Here are some of the qualities associated with abundant life

Faithfulness	Patience	Kindness
Love	Self-control	Peace
Joy	Goodness	Gentleness

Here are some of the qualities not associated with abundant life

Discontentment	Worrying	Selfishness
Jealousy	Unhappiness	Pride

Now that we have a definition and examples of abundant life, how can we get it?

## Steps to Abundant Living

1. Are you sure you want it? Let's face it, some of us are perfectly happy with the life we have now. To get abundant life we may need to make some changes in our lifestyle and we may feel it is too much effort.

Ask yourself the following questions...

Do I want Jesus in my heart?

Do I want Jesus to be in control of my life?

Am I willing to make Jesus first in my life?

Am I willing to surrender everything I own to Him?

Am I willing to give Him my personality defects and inherited tendencies?

Making a total surrender to Jesus may not be something you can do today, but if we DESIRE to belong to Him, that is the first step in the right direction.

2. PRAY. Ask Jesus to help you surrender to Him. Surrendering for some people is a process over time. Ask Jesus to fill your heart with the Holy Spirit. Do this daily! Confess your sins and ask Jesus to help you overcome your pet sins.
3. Spend time with Jesus daily. This must be a daily thing otherwise the devil will take up the time you aren't with Jesus. Study the Bible, read spiritually uplifting books, pray, talk to Him while you are driving, sing church songs, attend church weekly, watch Christian television, speak praises, memorize Bible verses, and talk to your Christian friends about Jesus and His Bible.
4. Practice trusting Jesus. Make a determined effort to throw your cares on Him, remembering that He cares for you. As you learn to trust Him more your peace and happiness will increase as your contentment increases.
5. Increase the amount of Christian friends you have and spend your social time with them. Christian friends are wonderful for lifting you up or helping you when you sin.
6. Do the works of Jesus by finding ways to bless others and spread the gospel. There is so much need in our communities and when we help others we are following Jesus' example.

## Questions

1. I enjoy relaxing by watching a movie. Will the couple of hours I spend watching a Hollywood production affect my obtaining abundant life?  
We need to guard our time and what we do with it. It is amazing how an exposure to worldly activities can make us worldly. When I spend time watching exciting TV shows I have noticed that my mind is drawn towards wanting more secular excitement. Be careful what you watch!
2. Isn't it impossible to spend all my time with Jesus? Let's get real, I have a job to go to, work to do around the home, places to go and people to see. Isn't it unrealistic to think I can spend all my time with spiritual thoughts directed towards Jesus? After all, a person has to live in the world.  
We need to WANT to spend every moment with Jesus. We should guard our thoughts so that we are thinking about Jesus and ways we can be a blessing to others.
3. My church teaches that all we have to do is call on the name of Jesus and we will be saved. It isn't necessary to DO anything. I don't have to read the Bible or even attend church. Won't I still have abundant life?  
Calling on the name of Jesus to save you from your sins is the only way you can be saved. But unless you are on your death bed, you need to have a close relationship with Jesus each day and you can't get that without spending time with Him.