

Wednesday Night Bible Study November 8, 2023 Lesson 8

Wednesday Night Bible Study

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Queens Chapel

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Lesson 8

"God Blesses My Life"

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"5...my cup overflows.

6 Surely your goodness and love
will follow me all the days of my life..."

Psalm 23:5(c)-6(a)
(NIV)

"God Fills Me Up"

Q = Do you feel like your life is overflowing? In what ways?

Check the "over" words that describe your life right now:

<input type="checkbox"/> Overwhelmed	or	<input type="checkbox"/> Overextended
<input type="checkbox"/> Overloaded	or	<input type="checkbox"/> Overworked
<input type="checkbox"/> Overtired	or	<input type="checkbox"/> Overdrawn
<input type="checkbox"/> Overspent	or	<input type="checkbox"/> Overbooked
<input type="checkbox"/> Overcrowded	or	<input type="checkbox"/> Overanxious
<input type="checkbox"/> Overstressed	or	<input type="checkbox"/> Overrun

Q = What are you lacking in your life?

Q = What do you need more of?

God wants to move us from being overwhelmed in stress to overflowing in God's goodness. God wants to meet all of our needs.

- First, we need to recognize two fundamentally different approaches to life that either keep you from or bring you into God's abundance. In other words, we can approach life with a shortage mindset or a surplus mindset.

1) **A Shortage Mindset:**

A) With a shortage mindset, we constantly think:

- I don't have enough time
- I don't have enough money
- I don't have enough energy
- I don't have enough contacts
- I don't have enough opportunities
- I don't have enough education

B) A shortage mindset focuses on your limitations or limited resources and the result is an overwhelm life that's stressed, unhappy and unfulfilled

2) **A Surplus Mindset:**

A) A surplus mindset focuses on God's limitless resources and the result is an overflowing life.

Have you ever worried that the person
breathing next to you is stealing your air?
No course not. Why?
Because God created more than enough
air for everyone.

B) The Bible includes words like "abundance, plentiful, abounding, and bountiful to describe what God has to offer us. Put another way, God has more than enough to meet all of our needs and every else's needs at the same time.

Read 2 Kings 4:42-44 (NLT)

42 One day a man from Baal-shalishah [bal-sha-li-sha] brought the man of God a sack of fresh grain and twenty loaves of barley bread made from the first grain of his harvest. Elisha said, "Give it to the people so they can eat."

43 "What?" his servant exclaimed. "Feed a hundred people with only this?" But Elisha repeated, "Give it to the people so they can eat, for this is what the Lord says: Everyone will eat, and there will even be some left over!"

44 And when they gave it to the people, there was plenty for all and some left over, just as the Lord had promised.

- *The shortage mindset*: Elisha said, "Give it to the people so they can eat." 43 "What?" his servant exclaimed. "Feed a hundred people with only this?"
- *The surplus mindset*: But Elisha repeated, "Give it to the people so they can eat, for this is what the Lord says: Everyone will eat, and there will even be some left over!"

Let's look at another example, **Read John 6:1-13 (NLT)**

- Q = What is the shortage mindset in this miracle?
- Q = What is the surplus mindset in this miracle?

1 After this, Jesus crossed over to the far side of the Sea of Galilee, also known as the Sea of Tiberias.

2 A huge crowd kept following him wherever he went, because they saw his miraculous signs as he healed the sick.

3 Then Jesus climbed a hill and sat down with his disciples around him.

4 (It was nearly time for the Jewish Passover celebration.)

5 Jesus soon saw a huge crowd of people coming to look for him. Turning to Philip, he asked, "Where can we buy bread to feed all these people?"

6 He was testing Philip, for he already knew what he was going to do.

7 Philip replied, "Even if we worked for months, we wouldn't have enough money to feed them!"

8 Then Andrew, Simon Peter's brother, spoke up.

9 "There's a young boy here with five barley loaves and two fish. But what good is that with this huge crowd?"

10 "Tell everyone to sit down," Jesus said. So they all sat down on the grassy slopes. (The men alone numbered about 5,000.)

11 Then Jesus took the loaves, gave thanks to God, and distributed them to the people. Afterward he did the same with the fish. And they all ate as much as they wanted.

12 After everyone was full, Jesus told his disciples, "Now gather the leftovers, so that nothing is wasted."

13 So they picked up the pieces and filled twelve baskets with scraps left by the people who had eaten from the five barley loaves.

- Q = What are your thoughts about the shortage and surplus mindsets?

C) A Surplus Mindset begins with the Indwelling of God's Spirit:

Read John 7:37-38 (NLT)

37 On the last day, the climax of the festival, Jesus stood and shouted to the crowds, "Anyone who is thirsty may come to me!

38 Anyone who believes in me may come and drink! For the Scriptures declare, 'Rivers of living water will flow from his heart.'

- Jesus is actually referring to **Isaiah 55:1 (NLT)**

1 "Is anyone thirsty? Come and drink—even if you have no money! Come, take your choice of wine or milk— it's all free!

2 Why spend your money on food that does not give you strength? Why pay for food that does you no good? Listen to me, and you will eat what is good. You will enjoy the finest food.

- The Holy Spirit will guide us to the resources we need in life.
- We don't have to worry about running short of anything, because God, through the power of the Holy Spirit, is the source of everything in our lives.
- God can turn on one faucet and turn off another. The Lord desires to fill us beyond capacity with an endless supply of His goodness, joy, blessing, hope, and peace

John 10:10 (Amplified)

"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]."

3) Goodness and Mercy Follow You:

A) When God fills you to overflowing, you never need to fear the future. His goodness and mercy are with you every day. We're following the Good Shepherd, and He's out in front of you with His rod and staff.

4) God's Goodness is Watching Over You:

A) There has never been a second that passed in our life when God was not watching over us. God is always paying attention to us.

God knows all the highs and lows, the good and the bad, the ups and the downs of our lives.

Psalm 121:1-3 (NLT)

1 I will lift up my eyes to the hills [of Jerusalem]—From where shall my help come?

2 My help comes from the Lord, Who made heaven and earth.

3 He will not allow your foot to slip; He who keeps you will not slumber.

B) Not only does God watch over us, but He protects us. God sends His angels to surround us. **Psalm 91:11** (Tree of Life Version **TLV**)

"For He will give His angels charge over you, to guard you in all your ways."

5) God's Grace Is Working For You:

Isaiah 60:10 TLV

"...but in My favor I will show you mercy."

A) Favor is when God gives you what you don't deserve. Mercy is when God doesn't give you what you do deserve. For all the ways we sinned, failed, and made mistakes, God still offers to pardon and forgive us—that's mercy.

Q = How do we rest in God's goodness?

Q = How do you experience the abundant life God has for us?

6) Helpful Daily Habits

A) There are three daily habits that will move us from overwhelmed to overflowing.

● a. Stay connected to Jesus Every day

John 15:5 Contemporary English Version **CVE**

"I am the vine, and you are the branches. If you stay joined to me, and I stay joined to you, then you will produce lots of fruit. But you cannot do anything without me."

- o If we try to go through life on our own power, we're going to be overwhelmed.
- o A toaster cannot fulfill its purpose unless it's plugged in to the power. We cannot fulfill our purpose and enjoy God's goodness unless we're plugged in to the power of Christ

John 15:7-11 (CVE)

7 Stay joined to me and let my teachings become part of you. Then you can pray for whatever you want, and your prayer will be answered.

8 When you become fruitful disciples of mine, my Father will be honored.

9 I have loved you, just as my Father has loved me. So remain faithful to my love for you.

10 If you obey me, I will keep loving you, just as my Father keeps loving me, because I have obeyed him.

- o **John 15:7-11** is like a blank check for prayer. All we have to do is ask.
- o The deeper we grow in our discipleship, the more fruit we're going to bear.

● b. Replace Your Complaining with Gratefulness

- o Science has shown that both complaining and practicing gratitude can have an impact on our health.

- o Complaining is an unhealthy emotion. It's the exact opposite of gratitude.

Philippians 2:14 (NLT)

Do everything without complaining and arguing,

- o Studies have shown that gratitude is the highest emotion. It produces serotonin, dopamine, and oxytocin in your brain—those are the chemicals that boost happiness and lower stress.
- o One study reported when people send a note of gratitude to somebody that helped them, it actually increased the grateful person's happiness for an entire month.

Colossians 2:7 (NLT)

"Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness."

● C. Stop Comparing and Start Being Content

- o Our culture has made comparison a sport: we compare how we look. We compare our careers. We compare our grade point average. We compare our kids. We compare our spouses. It's easier than ever to compare ourselves to other people.
- o Any time we compare ourselves to anyone else, it's a waste of time and energy.
- o When we get to heaven, God is not going to say why were you not more like your sister, brother, that famous person you really admired or your friend?
- o God made you to be you. God didn't want you to be like anybody else

2 Corinthians 10:12 (NIV)

"We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise."

- o There are two reasons never to compare yourself to someone else.
- o First, you'll always find someone doing a better job than you, and you'll be discouraged
- o Second, you can always find someone you're doing a better job than, and you'll become prideful.
- o Remember, comparison often leads to envy or resentment or copycat behavior, and they take your focus off God's provision and goodness to you.

Final thought:

- Contentment is not abandoning your ambition. We ought to have ambition. God wants us to make the most of what we've been given.
- Contentment doesn't mean you don't have any goals, dreams, or plans for your life.
- Contentment means this: you don't need more to be happy. You're happy now with what you've been given.
- Contentment means your happiness is not dependent upon circumstances; it's dependent upon Jesus Christ—the good Shepard who has blessed you with His goodness and mercy

1 Timothy 6:6-8 (NIV)

But godliness with contentment is great gain. ⁷ For we brought nothing into the world, and we can take nothing out of it. ⁸ But if we have food and clothing, we will be content with that.