

SERIES: LIVING THE GOOD LIFE
PART 10: FROM OVERWHELMED TO OVERFLOWING

Good morning, and welcome home, CVCHURCH. If you are a guest with us today we consider you family. We are a multicultural and intergenerational church. I invite you all to take out your teaching notes. Time Magazine has said that, today, we live in an age of FOMO: **FOMO: Fear Of Missing Out**. About 70% of the millennial generation say they struggle with Fomo--the fear of missing out. The center for Generational Kinetics are specialists in the research that describe the five leading generations which uncover hidden insights into sales, marketing, employment, voting, spending, marriage, and much more:

- **Gen Z – born 1996 to present**
- **Millennials – born 1977 to 1995**
- **Gen X – born 1965 to 1976**
- **Baby Boomers – born 1946 to 1964**
- **Traditionalists – born 1945 and earlier**

The millennials are driven by desire to keep up with everyone; people have overbooked their calendars, overspent their money, overdrawn their credit, overloaded their emotions, overworked their bodies, overcrowded their days, and overvalued the approval of other people. As a result, you may feel overstressed, overanxious, and overwhelmed. Now, why do people do this? Why do we do the overkill? It's the fear of missing out. They don't want to feel inferior or inadequate or unloved or left out.

Today, I want to look at the subject of moving from being overwhelmed to overflowing. I want to share some biblical truth that has the potential to profoundly transform your life, if you are willing to apply the truths I share with you today. Would you please read out loud with me the phrase from Psalm 23:5c from the NLT: **“My cup overflows with blessings.”** In the NCV it says, **“You fill my cup to overflowing.”** The ESV says **“My cup overflows.”**

I. Two ways you can approach life

A. A shortage mindset

This is where I keep telling myself—and I have internalized—“**I’ll never have enough.**” Have you ever said that to yourself? I just never have enough time, energy, strength, friends, love, or resources. These kinds of thoughts and self-tapes will leave you feeling overwhelmed. It creates the feelings, “I’m a dollar short and a day late.” The biblical words for these feelings that the shortage mindset creates are the words **lacking, wanting and need**. These kinds of words and thoughts can create profound tension, stress and anxiety. This happens when you keep saying these things to yourself. A great example of this shortage mindset takes place in 2 Kings 4:42-44 with the prophet Elisha and his servant Behazi. **“One day a man from Baal-shalishah 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.”** Elisha’s servant demonstrates perfectly the shortage mindset. “What? Feed a hundred people with only this?” The shortage lifestyle says I am never going to have enough of anything that I truly need. It is a lack of faith that God is who He says He is.

1) The focus: My limited resources

2) The result: A deep sense of being overwhelmed

The feeling is I always feel behind and it puts me in competition in this way. When you have a shortage mindset you think of life like a pie. If someone takes a bigger piece, that means you get a smaller piece for yourself. Because you perceive life as there is only a limited amount of resources, you can become resentful, worried and anxious because there is only so much of the pie to go around, and you

always feel short-changed. This leads to envy, jealousy, resentment, worry and insecurity. If you have these kinds of feelings on an ongoing basis, most likely you are living out of shortage mentality.

B. A surplus mindset: God has more than I'll ever need

Here is the good news, church. God's resources never run out. God doesn't give you just one pie—He owns the pie factory. There will always be more pies because God will keep creating them. In the Bible, God uses the words: **abundance, abounding, plentiful, lavish**. God has more than enough to meet all your needs and everyone else's needs at the same time. As an example, have you ever worried that the person breathing next to you was stealing your air? No of course not. Why? Because God created more than enough air for everyone to have plenty of air—all you need, and everyone else can have all they need, too. What is the result of developing and focusing on a surplus mindset?

1) The focus: God's limitless resources

Ephesians 3:16, Paul prays, **“I pray that from His glorious, unlimited resources He will empower you with inner strength through His Spirit.”** Notice the Bible says there is no shortage with God concerning His love, forgiveness, acceptance, and power. There is no shortage. When it looks like there are several dynamics going on, #1) You must start focusing your mind and what you say to fit what the Bible says about our concern. #2) If you don't have what you need, God is working on your faith and character issues to deepen and develop your faith.

2) The result: An overflowing life

With this understanding, we can understand what David meant when he writes, **“My cup overflows with blessings.”** The KJV says **“My cup overflows!”** What does that mean? He is talking about the overflowing life rather than the overwhelmed life.

II. What does an overflowing life look like?

A. What's my cup? My life.

When David says, "My cup overflows with blessings," he's saying, "My life is overflowing with God's love, acceptance, forgiveness, approval, grace, power, abundance, and plenty. My cup, my life—and to define our lives here at CVCHURCH, we use the acronym **SERFVIP**, which stands for our lives **Spiritually, Emotionally, Relationally, Financially, Vocationally, Intellectually and Physically**—is running over with energy, joy, excitement, and anticipation of God's provision, protection, purposes and plans for my life.

Jesus talked about this in John 7:37-39. Jesus, over 2,000 years ago, said this, **"On the last day, the climax of the festival, Jesus stood up 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.'" 39 (When He said 'living water,' He was speaking of the Spirit, who would be given to everyone believing in Him. But the Spirit had not yet been given, because Jesus had not yet entered into His glory)."** Jesus is referring to David's experience, but it can now be our experience when we surrender our lives to Jesus, and He gives us the Holy Spirit to live inside of us. God wants you to experience what it is like on a daily basis to be able to say, "My cup overflows with God's blessings for my life." To be able to declare, my life is not overwhelming, but it is overflowing with the life and love of Jesus Christ. I'm not worried about running short of anything because God is the source of my life. He can turn on one faucet and turn off another. I can lose one job, He can turn on another. Jesus said, "Anyone who truly believes in Me, will have rivers of living water flowing out of their lives." "My cup overflows," means that I can live an overflowing life. The overflowing life is given to every person who believes in Jesus Christ. The word for believe means more than just having head knowledge, like I believe Jesus is the Son of God. Believe means to put your trust personally in Jesus. It means to cling to Him and to rely and depend on Him. Jesus says, "If you truly believe in Me for every area of your life, you will not be overwhelmed with life, but your life will be overflowing

with God's love, life and blessing." You might say, "That is great. I want to live an overflowing life. But what is an overflowing life?" Great question.

B. What is an overflowing life? To be filled beyond capacity with an endless supply of God's goodness

One author writes that **"This psalm made sense to the Jews because when they received a guest, they would intentionally overfill the cup and allow it to run over, and, by doing this, the guest would know that they're welcome to stay as long as they want."** The Bible says that God is our Cup. In His cup is life, joy, hope, salvation, deliverance, healing, wholeness, prosperity. The Father through Jesus Christ wants to come and fill your cup, which is your life, with everything that is in Him. What do you need today? Jesus Christ is here to fill your cup, your life, your mind, emotions, and will to overflowing. If you lack direction, guidance, wisdom, patience, courage, or faith, He is here today to fill your cup to overflowing. You just need to ask Him to do so. Will you take a moment with me and tell Jesus what you want Him to overflow your life with? What specific aspect of who He is do you desire this morning (this afternoon)? Let's raise our hands and cry out to Him to overflow us with Himself. In John 10:9-10, Jesus says this, **"Yes, I am the gate. Those who come in through Me will be saved. They will come and go freely and will find good pastures. 10 The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life."** This idea that nothing is impossible with God is built on the supply mindset that says, "It's not my weakness, it's not my shortage, but it's God's strength that's going to get me through this."

III. How to experience an overflowing life

A. Stay connected to Jesus every day

In John 15:5, Jesus uses a horticulture example of what it means to stay connected to Him and remain in Him every moment of our lives. **"Yes, I am the vine; you are the branches. Those who remain in Me, and I in them, will produce much fruit. For apart from Me you can do nothing."** I grew up for a

part of my life in Lodi, Ca. Lodi is known for their grapes. Something I learned as a young boy who loved to run and play in the vineyards is that any cluster that has been cut off from the vine and the root will die. Jesus said the same is true for you and me. If you go through life on your power you're going to be overwhelmed. But if you're connected to the vine, which is Jesus, you're going to have access to His power. A toaster cannot fulfill its purpose unless it's plugged into the power. A vacuum cleaner cannot fulfill its purpose unless it's plugged into the power. As a human being who has been created in the image of God, you cannot fulfill your purpose unless you're plugged into God's power through Jesus Christ. If you're cut off like a grape branch from the vine, you're going to shrivel up and die. You will end up being overwhelmed. You must get connected to Jesus and stay connected to Him. Jesus said, **"You can do nothing without Me."** How do you stay connected to Jesus? Jesus tells us in John 15:7-12, **"But if you remain in Me and My words remain in you, you may ask for anything you want, and it will be granted! 8 When you produce much fruit, you are My true disciples. This brings great glory to My Father. 9 I have loved you even as the Father has loved Me. Remain in My love. 10 When you obey My commandments, you remain in My love, just as I obey My Father's commandments and remain in His love. 11 I have told you these things so that you will be filled with My joy. Yes, your joy will overflow! 12 This is My commandment: Love each other in the same way I have loved you."** The secret to staying connected to Jesus is to spend time with Him in His Word and prayer every day. This is why the bookmark we use is so important. My goal in us using the bookmark together is to get us all on the same page. Unity is really hard for us all to walk in. One of the ways we do that here at CVCHURCH is for every one of us to be reading the same passages every day so that God can talk with us, and we then can have something in common to talk about and hold each other accountable to. You stay connected to Jesus by reading the Bible every day and taking time to listen to Him and to develop a lifestyle of talking to Him through prayer. This is how you stay connected to Jesus.

B. Start being grateful, and stop complaining

Start being grateful, thankful and appreciative for all God has done and is doing in your life and for all of the people God has put in your life. One of the barriers to living the overflowing life that God has for us is being negative, discontent, sullen, and to murmur and bellyache. Did you know that science has proven that each of these attitudes that the Bible talks about are good and bad for your health. That complaining is a very unhealthy emotion for you. Gripping and being discontent is unhealthy for you. These negative habits create more stress, anxiety, worry, and anger. But gratitude, study after study has shown to be the healthiest emotion. Expressing gratitude and thankfulness for God's care and the people in your life actually changes the chemistry of your brain. Studies have shown that when you are thankful and grateful, it produces and releases serotonin in your brain. It produces dopamine in your brain. It also produces oxytocin in your brain. These hormones produce the feelings of being solidified, happy and content. You want to learn how to release these chemicals in your own brain and body and others.

I recommend that you make a list in the morning of the 10 things that you are grateful and thankful for and repeat them throughout the day. I recommend that you do this as you're praying, and thank God for 10 things that you are grateful for that He does for you and who He is and 10 things that you're grateful for in your marriage, family, friends, and CVCHURCH family. I guarantee you if you do this every day, throughout the day, you will release these good feeling hormones in your brain and body, and you will experience how to move away from feeling overwhelmed and start overflowing with the blessings and good things that God has for you. **Philippians 2:14-15 says, "Do everything without complaining and arguing, 15 so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people."** Colossians 2:7 says, **"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."** In order to live an overflowing life instead of an overwhelming life you first stay connected to Jesus. Make that a habit every day to spend time with Him. Then # 2, stop griping and complaining and be grateful and thankful.

C. Start begin contented, and stop comparing

This is where I develop the strong habit of being content and refuse to compare my marriage to anyone else's, my finances to anyone else. My looks, my intelligence or anything that is important to me. Why? The Bible says anytime I compare myself to anyone else, that I am being foolish, because it's a waste of energy and time. God made you to be you. He doesn't want you to be anyone else. When you compare yourself to others you get envious, resentful and you start trying to copy someone else. Paul says in 2 Corinthians 10:12 **"Oh, don't worry; we wouldn't dare say that we are as wonderful as these other men who tell you how important they are! But they are only comparing themselves with each other using themselves as the standard of measurement. How ignorant!"**

We compare ourselves to others all the time, don't we? We compare our careers. Our grade point averages. Our academic abilities. We compare our kids. Our spouses. The Bible says this is ridiculous for two reasons. # 1) You will always find someone in life who's doing a better job than you are, and then you will become discouraged. They have more money than you. They have more talent. They're better looking. You become discouraged and depressed and angry. #2) You can always find someone you're doing a better job than them, and then you get full of pride. The Bible says stop comparing yourselves to others and become content. Proverbs 14:30 in the CEV translation says, **"It's healthy to be content, but envy will eat you up."** Ecclesiastes 4:6 says, **"It is better to be content with what you have than to always be struggling for more. That is like chasing the wind."**

What areas can you choose right now to be content in instead of always wanting more, and how can you meet the need you're wanting to be met without demanding more from others?

D. Start being generous and stop being stingy

To move from an overwhelmed lifestyle to an overflowing lifestyle it is important that you grasp just how dynamic this important key is to you. I am not just talking

about money. As always, when I discuss this most important area of your life, God talks in terms of generosity with your **Time, Talents, Touch, Treasure, Tithe, Trauma and Troubles**. This includes your energy and compliments and affirmations of other people and what they mean to you. Stinginess is an evidence of a shortage mentality. It is evidence that you're lacking trust in the goodness of God. When you say, "I can't afford to tithe. I can't afford to be generous with the guy on the street. I can't afford to give money to other people because I need it all for me," you just don't understand how God's universe works.

God has wired the universe in such a way that the more generous you are, it will be given back to you. God has wired us to overflow when we give. Paul writes in 2 Corinthians 9:6-9 **"Remember this—a farmer who plants only a few seeds (stingy) will get a small crop. But the one who plants generously will get a generous crop. 7 You must each decide in your heart how much to give. And don't give reluctantly or in response to pressure, 'For God loves a person who gives cheerfully.' 8 And God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others. 9 As the Scriptures say, 'They share freely and give generously to the poor. Their good deeds will be remembered forever.'"**

This is why we don't pressure you to ever give. You must decide in your own heart what will give. Do I believe God's promise to bless me if I give my tithe to the storehouse (the church that I belong to) or not? Do I believe when I give my time, talent, touch, treasure, tithe, trauma, and troubles away that God will give me what I need? Either you do or you don't. But this could be why I am more overwhelmed than overflowing with God's goodness. If I am stingy, it will block what God can do for me. Have you ever read God's challenge verse of the Bible? Some call it the Pepsi challenge verse. Look at this verse with me. Malachi 3:10, God says, **"Bring all the tithes into the storehouse so there will be enough food in My Temple. If you do, says the Lord of Heaven's Armies, I will open the windows of heaven, for you. I will pour out a blessing so great you won't have enough room to take it in! Try it! Put Me to the test!"** When God pours out His blessings on you, this is what is called the overflowing life. God says to you today, "I dare you. Put Me first in your time. See if I don't bless your time. Put

Me first in your relationships. See if I don't give health to your relationships. Put Me first in your finances and see if I don't bless your money." Whatever you want God to bless, you put Him first.

I want to close in prayer now. Are you tired of being overwhelmed? Have you had a shortage mindset that says I won't have enough time or money or energy or relationships or creativity or purpose in my life? Let me ask you as we close, what are you lacking? What do you need more of? As we pray I want you to pray along with me in your heart and mind and commit to the four daily habits of an overflowing life that I have taught on today.

"Father God, I commit to connecting with You every day. I choose to be like the vine and the branch. I want to bear fruit for You. I choose to stay connected to You by spending time with You, Jesus, every day through prayer and reading the Bible. There's not going to be a day of my life that I don't spend some time with You. I choose to start being grateful every day for all of the good things that You have already overflowed my life with. I will choose to confess at least 10 things every day that I am grateful for. I commit to being grateful and not grumpy. Grateful and not griping or complaining. I choose today to learn to be content with who I am, with the people in my life and stop comparing myself to others in my neighborhood or at school or church or on the internet. Help me to be who You have created me to be. And Father, I choose to stop being stingy and start being generous every day. Generous with my words of praise and affirmation. Generous with my time. Generous with my talent and generous with my treasure. Father, I choose to be obedient with the giving of my tithe to Your storehouse, my local church." If you're here today and you have never given your life over to Jesus Christ, you might want to pray this prayer: "Jesus Christ, I want to learn to trust You. I'm tired of living an overwhelmed life. So I repent of my sin and I receive Your forgiveness this morning (afternoon), and I choose to live my life for Your purpose, plan and will for my life. I do this in Jesus' name."