

RECEIVING ABUNDANCE

5 DAY DEVOTIONAL



LIFE in ABUNDANCE™
INTERNATIONAL



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› **INTRO**

DAY 1: BE

DAY 2: PRAY

DAY 3: SEEK

DAY 4: LOVE

DAY 5: TRUST

TAP ABOVE TO JUMP TO DAY



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› JOHN 10:10 (CSB)

A thief comes only to steal and kill and destroy. I have come so that they may have life and have it in abundance.

› INTRODUCTION

Dear Friend,

Looking at the state of our globe today, the work of the thief seems evident. When drought dries up the land, scarcity spreads across a population, war wages between nations, or plague panics the people, it is clear that the evil one is going to take whatever he can from us. His plan is to steal, kill, and destroy, and as fragile beings in this fallen world, we feel the loss.



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Yet Jesus says that he has a different idea. While our enemy prowls like a roaring lion ready to devour those in his path, we have a Good Shepherd. He is willing and able to fight on our behalf. He brings life—and not just life, but life to the full. Life that is defined by the fruit of the Spirit; that is deep and rich and eternal, the way it was always meant to be.

In times of crisis, it's tempting to give in to fear. It's easy to focus on our need instead of our Provider, our lack instead of the Giver of Life. At Life In Abundance (LIA), we understand this. It's been our mission for the past 25 years to empower local churches to serve the poor and vulnerable in Africa and the Caribbean because we want to



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see everyone receive the abundance Jesus promises. As we've served, we have seen how our Savior changes lives, transforms communities, and brings lasting hope even in the midst of our great need. Now, through this devotional, we want to help you hold onto this hope too. The following pages will walk you through five days of intentional focus on some of the gifts Jesus offers us in the gospels. We pray these Scriptures, reflections, and interactive pieces are a blessing to you during this season.

Join us in receiving abundance.

For God's glory,

Your LIA Family





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DAY 1: BE



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› LUKE 10:38-42 (NIV)

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

"Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."



› DAY 1 : B E

Martha was distracted, worried and upset about many things. Don't we live so much of our lives today in the same state of mind? Our society runs on multitasking. We wear the hustle like it's a badge of honor. We have access to an excess amount of noise, voices ready to inform or entertain us at a click of a button. Fast food, high-speed internet, express transportation all telling us that time is costly and we have to run to keep up as the world spins madly on. Busyness is key and program is king.

But when we value busyness over being, program over people, what if we are actually missing out on something better? Jesus gave



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these sisters a gift. When he came to their village, he brought his presence. Martha was wise in inviting him in, but Mary chose what is better when she sat and listened to the Lord.

Christ is here now: in devotional time with him, in extraordinary moments in your everyday life, in the interactions with those you come into contact with, and in opportunities to be with those you love most. What if you intentionally chose to receive him, to be still and know that he is God? If more of us stopped for long enough to let go of the stress, if we kept our eyes open and learned to listen to our Lord and just be with him and others, what “better” would we see or hear?



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PRAYER:

Lord, thank you for the gift of your presence and that we, like Martha, get to open our homes to you. Help us to turn down the distractions and to intentionally be still, like Mary, to sit at your feet and listen to what you say. Give us eyes to see you in our daily lives and ears to hear you. In a worried world, may we be people who choose what is better, and point others to that as well. In Jesus' name, Amen.



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QUESTIONS:

➤ What worries and distractions are keeping you from just being in Christ's presence?

What would it look like to remove them?

➤ What have you learned from stillness?

How does this affect your relationship with God? How does it affect your relationship with others?

➤ How can you intentionally choose to receive the gift of presence this week, and how can you give it?



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As you think about being more present this week, here are some ideas to get you started.

WAYS TO BE PRESENT

- › GO ON A WALK.
- › PAY ATTENTION TO 3 THINGS THAT YOU USUALLY IGNORE.
- › SIT IN SILENCE FOR 5 MINUTES.
- › NOTICE HOW YOU LISTEN TO OTHERS.
- › SAVOR A FOOD OR DRINK YOU ENJOY.
- › REACH OUT TO PEOPLE WHEN YOU THINK OF THEM.
- › ASK GOD TO TELL YOU SOMETHING AND EXPECT THAT HE WILL.

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DAY 2: PRAY



› **MATTHEW 6:9-13** (NIV)

“This, then, is how you should pray:

‘Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.’”



› DAY 2: PRAY

Jesus' disciples lived in a time where the religious were known to put on a show. The louder you announced your donations, the more generous you were perceived to be. The clearer it was that you were fasting, the more holy people thought you were. The longer your public prayers, the more people believed God would hear them.

In some ways, things haven't changed that much. Today, we can be tempted to believe similar lies, hoping that we can earn God's grace through the praise of others or the perfect prayer.

Yet when Jesus taught his followers how



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to pray, the message was simple. Your conversations with the Heavenly Father don't have to be heard by the world to be heard by him. Lengthy attempts to find the right words aren't necessary. When you pray, recognize you're talking to the one who sits on the throne and deserves your reverence. He has the power to bring heaven to earth, to provide what we need, to forgive us for our sins, and to ultimately save us.

During Jesus' life on earth, he often took time to pray. We are privileged to be able to do the same, turning to God and trusting who he is and what he can do.



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PRAYER:

Heavenly Father, we acknowledge your greatness and desire your goodness. Please give us what we need today. Forgive us for the wrong we do and help us to forgive others. Protect us from the enemy and bring your kingdom here. Thank you for Christ's example of how to pray, and for allowing us to communicate with you. May we turn to you today and every day. In Jesus' name, Amen.



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QUESTIONS:

➤ What lies have you believed, or do you believe now, about prayer?

➤ What stands out to you about the way Jesus prays?

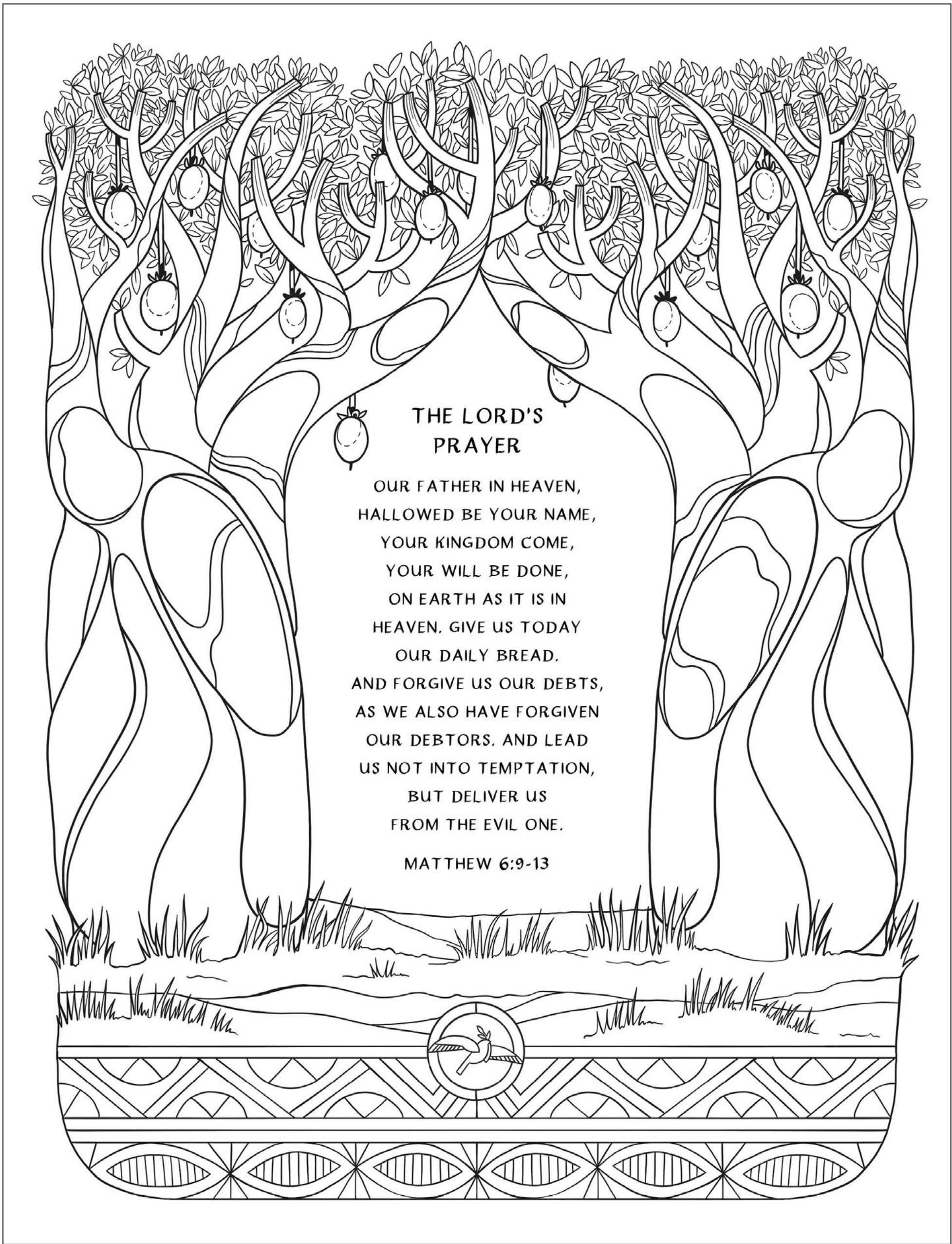
➤ What would it look like for you to pray more like Jesus this week?



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Download this coloring sheet to
remind you of the Lord’s Prayer.

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DAY 3: SEEK



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➤ **MATTHEW 13:44-46 (NIV)**

“The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field. Again, the kingdom of heaven is like a merchant looking for fine pearls. When he found one of great value, he went away and sold everything he had and bought it.”



› DAY 3: SEEK

Jesus, when asked about why he spoke in parables, told his disciples that the knowledge of the secrets of the kingdom of heaven had been given to them, but not to everyone. As they chose to follow Christ daily, sacrificing their own plans and positions in life, they must have had so many questions about what they didn't know.

But one thing they knew—they had found something special. They bought into their Lord's call to be fishers of men. Pursuing the kingdom of heaven was worth giving up any earthly possession they had or any idea of their future. A pearl of great value was theirs



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to receive, but they had to have open hands in order to hold it.

Now, we have that same opportunity. Jesus said that not everyone would find the treasure, but he also said that those who seek will find. God promises that if we are wholeheartedly searching for him, he will make himself known. With all the uncertainties we face, that truly is a gift.



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PRAYER:

Our King, in the midst of all we don't know, thank you for the truth you have made known to us. We believe that the kingdom of heaven is a treasure. Help us to seek it; to seek you, first. May we be like the man, the merchant, the disciples who joyfully gave up what they had to pursue what was infinitely more valuable. In Jesus' name, Amen.



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QUESTIONS:

➤ What uncertainty are you currently facing?

What certainty gives you hope?

➤ As you've followed Christ, what sacrifices have you had to make? What sacrifices do you need to make now?

➤ How will you purposefully seek God this week?



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Enjoy this playlist of worship songs
as you seek God this week.



CLICK THE ICON ABOVE
TO START LISTENING





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DAY 4: LOVE



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› LUKE 10:30-34 (NIV)

“A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. So too, a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him.”



› DAY 4: LOVE

An expert in the law asked Jesus what he needed to do to gain eternal life. A short exchange between the man and Jesus established that obeying the commands to love God and his neighbor would bring the life the man desired.

The man quickly asked his next question: “Who is my neighbor?” The Bible says he asked it because he wanted to justify himself. What he really wanted to know was how messy this mandate was going to be; who did he have to love and who could he ignore?

Jesus’ words reframe this thinking. After telling the now familiar story of the Samaritan who



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stopped to help the robbed and beaten man, Jesus followed with an important question of his own: “Who was a neighbor to the man?”

The answers to both questions are clear. We are the neighbor in need. And we are the neighbor nearby. As we go along the road of life, where surprise attacks happen and travel plans change, loving each other isn’t just a command, it’s a gift. When we find ourselves in a ditch, we pray for good Samaritans.

When we see someone in a ditch, we have the opportunity to be a good Samaritan.



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PRAYER:

God, we are so grateful for your love and the opportunities we have to extend that love to others. As we go about our lives, help us to remember our identities as neighbors. When we are in need, thank you for the people you send along our path to love us. When we see others in need, may we be like the Samaritan, turning compassion into action. In Jesus' name, Amen.



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QUESTIONS:

➤ What are some ways that neighbors have loved you well?

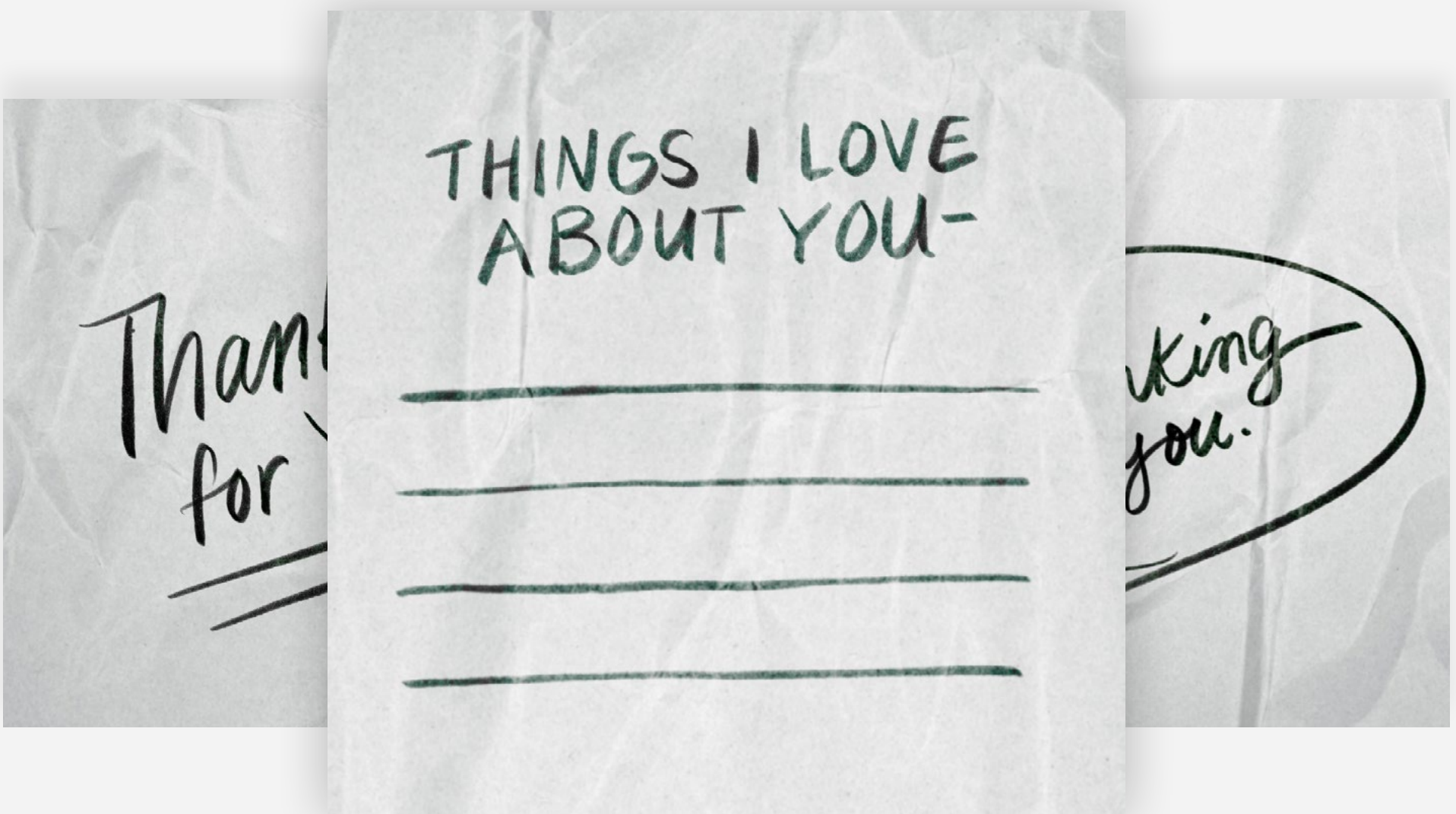
➤ What's difficult for you about loving your neighbors?

➤ Think of a neighbor you've been tempted to overlook. How can you show them love this week?



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Why not send some encouraging notes to people you love? Here are some graphics for your use.



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DAY 5: TRUST



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➤ **MARK 4:37-41** (NIV)

A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?" He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. He said to his disciples, "Why are you so afraid? Do you still have no faith?" They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"



› DAY 5: TRUST

We are well acquainted with the scenario. The overwhelming waves of life that just keep coming, no end in sight. The swell of stress when we are forced to face our fears. The adrenaline of anxiety as the boat we always thought was safe starts to sink.

“Don’t you care if we drown?”

The question must have been yelled by those disciples that night. God’s probably heard it yelled many times since. When we are in desperate need, white-knuckling our way through the storm, the idea of our Savior sleeping through it in the stern can feel audacious, infuriating, or flat-out defeating.



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Isn't now the time for action? Shouldn't he be at the helm steering instead?

When the disciples woke Jesus, he got up and quieted the water. He wasn't concerned with the timing. He was focused on their faith. We worship a God who controls the wind and the waves, who is sovereign over our survival on the seas. He is the same one who promised to bring life in abundance. There is no need to panic. We can trust. We can wait. And like Jesus curled up on a cushion, we can rest.



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PRAYER:

Lord, you are the one who calms the seas.

We've seen you do it before, and we trust you'll do it again. Thank you for the gifts you give us in the midst of this ever-changing life.

Build our faith as we rest in you, and may we be people who receive the life in abundance you promise, while spreading the hope of it to others as well. In Jesus' name, Amen.



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QUESTIONS:

➤ How do you tend to cope in the midst of a storm?

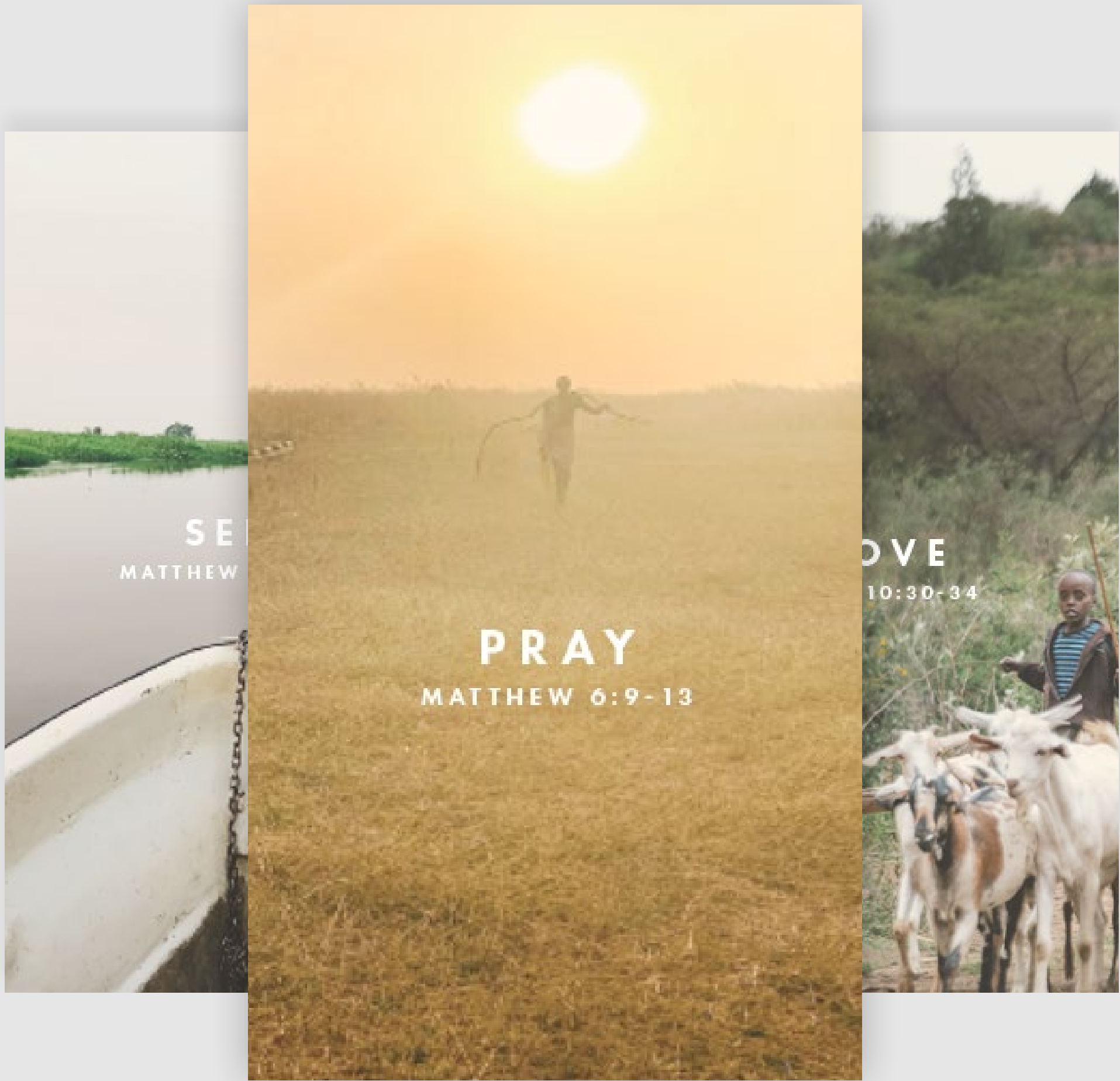
➤ What storms in life have you seen the Lord calm? How does remembering these times help you to trust him now?

➤ What storms are you currently facing and how do you see God in them?



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We hope you’ve been encouraged by these devotions. Here are some phone wallpapers to remind you of Christ’s words.



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› LIFE IN ABUNDANCE

At Life In Abundance, we work to spread the good news of the abundance Jesus gives to those in need. Serving in 14 countries in Africa and the Caribbean to empower local churches, we have seen and continue to see God bring transformation on individual, community, and even national levels. While the thief comes to steal, kill, and destroy, the Lord is faithful and moving. If you'd like more information on our work and how you can be involved in sharing hope with the poor and vulnerable, please visit us at www.lifeinabundance.org.

