

Overflowing

2 Corinthians 3:18 (NKJV)

¹⁸ But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.

The life of a believer is not meant to be lived from pit to pit

- His desire is for us to live from glory to glory

We should be so full of God that others get blessed from the overflow in our lives

The truth is that right now you are as full of God as you want to be

Four keys to leading a life that is overflowing

Romans 1:21 (NKJV)

²¹ because, although they knew God, they did not glorify *Him* as God, nor were thankful, but became futile in their thoughts, and their foolish hearts were darkened.

- *They didn't Glorify Him as God*
- *They were unthankful*
- *They became worthless in their thoughts and imaginations*
- *Their foolish hearts became darkened*

To Live a Life That's Overflowing We Must Start to...

- Glorify God
- Be thankful
- Recognize the power of your imagination
- Have a good heart

Depending on how you walk out these steps in your everyday life, you decide whether or not you stay full of God

1 – Glorify God

- Glorify (**Romans 1:21**) – *“to render (or esteem) glorious”*
- Esteem – *“to value, to prize, or to reverence”*

2 – Be Thankful

Psalm 69:30 (NKJV)

³⁰ I will praise the name of God with a song, and will magnify Him with thanksgiving.

- There is no better way to magnify God than to thank Him
- Magnifying, glorifying, and thanking God are all intertwined
- In order to magnify God, you must be thankful

In order to maintain the things that God does in your life you have got to be a thankful person

- You've got to constantly go back and rehearse your victories and encounters you've had with Him

Psalm 100:4–5 (NKJV)

⁴ Enter into His gates with thanksgiving, *and* into His courts with praise. Be thankful to Him, *and* bless His name. ⁵ For the LORD *is* good; His mercy *is* everlasting, and His truth *endures* to all generations.

- Remember when you were born again?
- What was it the Lord has saved you out of?
- Remember the joy and peace that flooded your entire being?
- Remember the vision you had for your life?
- What words has He spoken to you?

Light Affliction

2 Corinthians 4:16–17 (NKJV)

¹⁶ Therefore we do not lose heart. Even though our outward man is perishing, yet the inward *man* is being renewed day by day.

¹⁷ For our light affliction, which is but for a moment, is working for us a far more exceeding *and* eternal weight of glory

- Paul wasn't saying he didn't have problems
- He said, "*outwardly I perish, but inwardly I am renewed day by day*"
- Paul experienced some extremely harsh situations yet considered them "*light*"
- No one has the right to gripe and complain
- No one will stand before God and say, "*God you let me down*"

Remember His Goodness

2 Corinthians 4:18 (NKJV)

¹⁸ while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen *are* temporary, but the things which are not seen *are* eternal.

- If you're depressed, discouraged, and losing your joy you aren't looking at the Lord and His word
- If the things of God aren't fresh in your life then you aren't esteeming eternal reality
- You're placing a higher value on the natural realm and magnifying physical things instead
- That's where your discontent comes from
- A negative attitude towards life will cause you to be depressed
 - Your emotions effect your body
 - They'll cause wrinkles and even cause your hair to turn grey
 - It will even bring on premature death

What is Your Spiritual Smell?

2 Corinthians 2:15–16 (NKJV)

¹⁵ For we are to God the fragrance of Christ among those who are being saved and among those who are perishing. ¹⁶ To the one *we are* the aroma of death *leading* to death, and to the other the aroma of life *leading* to life. And who *is* sufficient for these things?

The praise and thanksgiving of the redeemed – like sacrifices in the Old Testament – produces a spiritual aroma that pleases God

- Praise is one of the most important things you can do
- It makes you focus on what the Lord is doing

Philippians 4:8 (NKJV)

⁸Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.

- If you make a decision to start praising the Lord you'll start to see the positive side of things
- There's nothing praiseworthy in the negative
- Thankfulness forces you to focus on the things of God

Romans 8:6 (NKJV)

⁶For to be carnally minded *is* death, but to be spiritually minded *is* life and peace.

- You can't react differently than your dominant thought
- You are what you think
- You will be drawn in the direction of the things you think about – your imagination is powerful!

When we are *not* in the habit of *glorifying God* it will lead us to be *unthankful*

- These two things combined cause your imagination to become “vain”
 - *Vain – producing no results; useless*

Most of us don't like to talk about imagination

- We think of it as something “children” do
- Many people like to pride themselves on being a “realist” instead of a visionary – imaginative – person
- Other people associate it with eastern religions
- Just because something is abused doesn't mean we should ignore it
- We need to learn how to use our imagination properly

Like it or not your imagination is working all the time

- It is an important function of life

The key is to direct your imagination to work for you and not against you

Your imagination is the part of you that conceives everything

If you can't see it with your imagination, you can't do it

Your life is a combination of...

- The things you've imagined
- The things you believe
- The things you say
- The choices you make

Our mind thinks in pictures:

- *If I say “Dog” you picture a type of dog*
- *If I ask you to describe the house you grew up in*
 - *How many bathrooms*
 - *How many bedrooms*
- *You would picture the house in your mind and count the rooms*

The sad truth is that most people’s imaginations are sad and negative

- We are full of fear, doubt, unbelief, worry and hatred
- When we quit glorifying God and forget to be thankful, we force our imaginations to work against us

Proverbs 23:7 (NKJV)

⁷ For as he thinks in his heart, so is he.

- You don’t see others as they are, you see others as you see yourself

The Children of Israel Heading into the Promised Land

Numbers 13:33 (NKJV)

³³ There we saw the giants (the descendants of Anak came from the giants); and we were like grasshoppers in our own sight, and so we were in their sight.”

- You either see yourself defeated or victorious

Most of us are victims of speculative thinking

Because we have the mind of Christ we are to meditate on the word of God

- When we don't, we speculate the outcome based on what we are imagining
- Most of the time that outcome is negative

We are told to be “void” of speculative thinking

1 Timothy 3:2, 11 (NKJV)

² A bishop then must be blameless, the husband of one wife, temperate, sober-minded, of good behavior, hospitable, able to teach;

¹¹ Likewise, *their* wives *must be* reverent, not slanderers, temperate, faithful in all things.

Titus 1:8 (NKJV)

⁸ but hospitable, a lover of what is good, sober-minded, just, holy, self-controlled,

- Sober – Literally means to be void of speculative imagination
- When we have a situation with other people we speculate on what they must be saying or thinking about us
- Most, if not all the time what we're thinking is not the truth
- 85% of negative thoughts never happen

People break fellowship with other believers over disagreements and misunderstandings

- Some people think if you don't say hi to them you must be talking behind their back!

We should be more concerned with what we're thinking about the situation then speculating what the other person is thinking!

Matthew 7:1–5 (NKJV)

1 “Judge not, that you be not judged. ²For with what judgment you judge, you will be judged; and with the measure you use, it will be measured back to you. ³And why do you look at the speck in your brother's eye, but do not consider the plank in your own eye? ⁴Or how can you say to your brother, ‘Let me remove the speck from your eye’; and look, a plank *is* in your own eye? ⁵Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck from your brother's eye.

We should go to the person if we have a misunderstanding

Say, “*when you said this or that, this is what I thought*” “*Was I wrong*”?

- They probably had no idea that they were offending you
- Commit to believe what they tell you
- If they're lying that's between them and God
 - That's not your business
- You are only responsible for yourself
- Stop worrying about what others are thinking

When you have the image of yourself that God does you don't worry about what other people are saying or thinking about you

- Perhaps you see yourself as an introvert
- You're shy and bashful around other people
- This image will dominate and control you until you change it
- You "can" change who you are

You need to see yourself successful and prospering in life

Philippians 4:13 (NKJV)

¹³ I can do all things through Christ who strengthens me.

If you are glorifying God your imagination will start conceiving things differently

If you are grateful and place value on your relationship with the Lord and what He's done for you, you'll have faith for the future

You will have hope and start to have a positive image about your life

- Is my mind stayed or fixed on God?
- Do I trust God with my future?

When you meditate on the goodness of God and live a thankful life you will start to change your inner image of yourself

Isaiah 26:3 (NKJV)

³ You will keep *him* in perfect peace, *Whose* mind is stayed on *You*, Because he trusts in *You*.

- Mind – translated “*imaginations*” in other parts of the Bible
- When your imagination is stayed on the Lord He will keep you in perfect peace
- Your imagination is your ability to picture something on the inside
- When you read your Bible, you are entering data into your mind

When you meditate and use your *imagination* to see yourself the way the Lord does, your *processor* is using the data to get a desired outcome

Don't just let your mind think about anything, let the Holy Spirit guide your imagination

Don't allow TV, Social Media, and the internet to drive your imagination

Let the word of God control your thoughts and start thinking about the scriptures you're reading

Stop thinking about why things won't work out for you

- Stop whining and throwing a pity party

This kind of thinking only weights you down and has negative effects on your decisions and future

Elijah dealing with depression

1 Kings 19:10 (NKJV)

¹⁰ So he said, “I have been very zealous for the LORD God of hosts; for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life.”

- He is allowing himself to think on the threats of Jezebel
- Obadiah has just told him that God has 100 preachers left that he had hidden in a cave
 - Yet, Elijah starts to whine
 - He allowed himself to get into a pity party

1 Kings 19:15–18 (NKJV)

¹⁵ Then the LORD said to him: “Go, return on your way to the Wilderness of Damascus; and when you arrive, anoint Hazael *as* king over Syria. ¹⁶ Also you shall anoint Jehu the son of Nimshi *as* king over Israel. And Elisha the son of Shaphat of Abel Meholah you shall anoint *as* prophet in your place. ¹⁷ It shall be *that* whoever escapes the sword of Hazael, Jehu will kill; and whoever escapes the sword of Jehu, Elisha will kill. ¹⁸ Yet I have reserved seven thousand in Israel, all whose knees have not bowed to Baal, and every mouth that has not kissed him.”

- God is showing him his future and the ultimate destruction of Ahab and Jezebel’s kingdom
- Even though God shows him all of this, he only obeys one of the three things God told him to do
 - He only anoints Elisha
- When we imagine and meditate on the wrong things we will become depressed and make it hard to fully obey God