



Abundant Living— Mind, Body, And Spirit

What if your doctor could offer you a pill that would bring...

- ✎ A "joy" that exceeds any other?
- ✎ A "blessedness" that is happiness at its fullest?
- ✎ An "assurance" of entering the everlasting kingdom of our Lord?
- ✎ A "peace" that surpasses understanding?

—would you take the pill?

Of course you would, but medical science has no such concoction. We look for a quick fix for our health in diet pills and condensed workouts but Jesus can and does offer a spiritually healthy, abundant life.

He states in John 10:10: "...I have come that they may have life, and that they may have it more abundantly."

This abundant life comes not only by way of His sacrificial death on the cross but also by His teachings. John 15:11 says, **"These things I have spoken to you, that My joy may remain in you, and that your joy may be full."**

Through His teachings, then, we can learn the **"Secrets of the Abundant Life"**... In John 15:1-5, we learn the first secret when Jesus compares Himself as the Vine



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Through His teachings, then, we can learn the **"Secrets of the Abundant Life"**... In John 15:1-5, we learn the first secret when Jesus compares Himself as the Vine

and His disciples as the branches. As His branches, we are to bear fruit, the first secret to abundant living. We bear fruit and experience the abundant life when we:

- ✎ Win souls to Christ and help them grow. John says there is "no greater joy." (3 Jn 3-4)
- ✎ Share with those in need. "It is more blessed to give than receive." Acts 20:35
- ✎ Develop Christ-like character. Those in whom "the fruit of the Spirit" is produced are free from any condemnation of law. (Ga 5:23b; Ro 8:1)
- ✎ Praise God and give thanks. For those with the "attitude of gratitude", there is the "peace of God." (Ph 4:6-7)

A life filled with: Joy, Happiness, Assurance, and Peace...surely that is the "abundant life"! As we care for our physical bodies through nutrition and exercise, let us not forget to nurture our spiritual lives. Only those who will "bear fruit" as "branches" of the "True Vine" (Jesus Christ) will know this "abundant life".

But is there a secret to bearing fruit? Yes, read John 15 and stay tuned for next month's bulletin insert to find out more!

Source: Bible Studies by Mark A. Copeland @ ExecutableOutlines.com

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