



The Overflowing Life: A 14-Day Devotional





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NewSpring Church





What it looks like to be filled and overflowing

Read Romans 15:13

When you picture overflow, what comes to mind?

Perhaps you think of coffee spilling over the edges of a mug, water flowing over a dam, or the space just outside a packed concert venue.

God is a God of overflow. He desires for us to have a life overflowing with His character — too much hope to keep inside, peace spilling over the edges, love saturating everything in and around us.

But in order to overflow, something must first be filled. We cannot fill ourselves up by working harder, serving more, or by being good enough. Overflow is the opposite of striving — it flows freely from within.

The beginning of an overflowing life is an unshakable identity in God sustained by intimacy with Him. This identity is founded on the truth that God is pleased with us, not because of what we do but because of who we are in Christ.

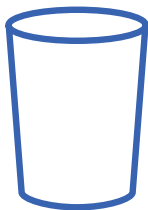
Intimacy with God fills us with love, hope, peace, kindness — all of the rich things God wants to give us. And when we receive our fullness from Him, we are freed from

the burden of performance and self-preservation. We are able to serve, give, and love out of His overflow.

God doesn't ask us to earn fullness. Jesus already earned it for us. So we are able to operate in God's joy as His ambassadors and children, pouring out to others as a result of an overflow instead of effort.

REFLECT:

- Does pouring into others feel more depleting than freeing? Why do you think that is?
- Is the pressure to perform for God or others what drives you? How can you tell the difference between when you're striving and when you're overflowing?
- Do you believe God is pleased with you simply because you are a new creation in Christ?



This is a story of overflowing love

Read John 3:16, Philippians 2:6-11,
Isaiah 53:11, Ephesians 3:14-21

Have you ever loved someone so much you just couldn't hold it back?

Your cheeks flush when she laughs at your jokes. You erupt in cheers when your child hits the high note or lands the jump they've practiced all year. When we love someone fully and completely, we can't contain how we feel. It overflows from the deepest part of who we are.

We were made to let love overflow. It's a trait passed to us from our heavenly Father. God uses the word "abounding" to describe Himself — He abounds in steadfast love and faithfulness (Exodus 34:6, Psalm 86:5, Psalm 86:15).

God's character and actions show a Father who overflows with love and wants that for us.

God demonstrates His overflowing love in this: He sent Jesus into the world to bring us back into relationship with Him (John 3:16). Jesus, though fully God, emptied Himself of divine privileges and died in our place. Jesus saw the results of His sacrifice and was satisfied, the Father was glorified, and the world was forever changed (Philippians 2:6-11, Isaiah 53:11).

This is what happens when God's love overflows through us.

As our faith and trust in Jesus grows, so does our love for Him. Being rooted and established in love, we begin to grasp "how wide and long and high and deep is the love of Christ" (Ephesians 3:17-18). It's more than we can contain.

As God's love overflows from us, we get joy. God gets glory. And the world benefits as the church is built and God's family grows.

REFLECT:

- If as imperfect parents and spouses we know what it's like to love, how much more could we give if we let God's love overflow from us?
- Is there any area of your life where you've been holding back love? Why is that? What are you afraid of?
- What's one way you can let God's love overflow from you today?



Are you becoming more like your Dad?

Read Ephesians 5:1-2, Exodus 34:6

Advertising teaches that change happens from the outside in. Imitate this person's style or actions, and you'll be loved, beautiful, at peace. But God changes us from the inside out. He loves us, tells us we're beautiful, and invites us into His peace — before we've even done a thing (Romans 5:8).

When God calls us to imitate Him, He's not selling us on a product or service. He's inviting us to embrace our identity as members of His family. "Follow God's example, therefore, as dearly loved children" (Ephesians 5:1).

When we put our trust in Jesus, we became members of God's family. The same way that years with our earthly parents shaped our actions and worldviews, time with our heavenly Father shapes our character so it looks more like His.

Exodus 34:6 says God is "merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness." As we spend time with God and follow His example, these traits become true of us as well.

Ever catch yourself saying the things your parents once said to you? As we begin to walk in the way of love, the same thing happens to us as God's kids. Our thoughts,

words, and actions begin to align with our Dad's. God's love for us overflows from us and affects everyone around us.

We begin to love others and give ourselves up for them, just like Jesus did for us. This is the kind of sacrifice that pleases God (Ephesians 5:2). Better than the incense or fragrant offerings of the Old Testament is a heart that overflows with love like His (Leviticus 4:7).

REFLECT:

- What does it mean to imitate God?
- How has consistent time with God changed the way you respond to others?
- What's one way you can love and sacrifice for someone today?



Will you trust God to provide?

Read 1 Kings 17, Philipians 4:19

Who do we trust when life is difficult? Where do we turn when the bills pile up, a relationship is struggling, or a friend is in pain?

Most of the time, we look to ourselves. We set a plan in motion to fix the situation. The result is often hopelessness, frustration, and defeat.

When the widow of Zarephath was out of food, she came up with a plan. She could see no end to the drought, so she used her last provisions to cook one final meal. They would eat, and then they would die.

Thankfully, God doesn't leave us to find our own way out of tough situations. God had a better plan for this widow and sent His prophet to share it with her. But the plan must have sounded a little crazy.

Elijah said to her, "Don't be afraid. Go home and do as you have said. But first make a small loaf of bread for me from what you have and bring it to me, and then make something for yourself and your son" (1 Kings 17:13).

Elijah then assured her the flour and oil would not empty until the drought was over. Hearing Elijah's words, the widow had a choice to make. She could trust God, feed

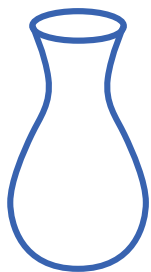
Elijah first, and believe in God's provision. Or, she could trust herself.

The widow trusted God and was blessed with food to last through the drought. God saw beyond what her mind could comprehend and her eyes could see. He saw the whole of her life when she could only see the moment. The widow lived a life of overflow when she let God's Spirit lead.

Did the widow have a part to play in the miracle? Yes. She listened and obeyed. The same is true for us today. If we'll listen to God's voice and do what He says, we'll see Him provide for us and through us, just as He promises (Philippians 4:19).

REFLECT:

- Are you facing a situation that seems hopeless?
- What is God asking you to do? Has anything been holding you back from obedience?
- How have you seen God provide in the past when you trusted in Him?



What if you already have what you need?

Read Exodus 6:6-8, John 10:10

“Once I pay off my student loan and get a better job, I’ll start being generous.”

“When I have a bigger house, I will lead a group.”

“I just don’t have time to get involved.”

Too often, we believe the lie that we don’t have enough to make a difference. We don’t stop to consider what we’re missing by waiting until life slows down, we have more space, or the business takes off.

In Exodus 6:6-8, God promised to bring Israel out from under the yoke of the Egyptians. He promised to free them from slavery and redeem them with an outstretched arm and mighty acts of judgment.

To see those promises fulfilled, Israel had to make a bold move. They had to trust God more than they trusted their own abilities. And they had to move forward not knowing exactly what would happen.

God kept His promises to Israel, and those same promises are on offer to us today. Jesus made a way for us to be

saved, freed, filled with purpose, and included in God's family.

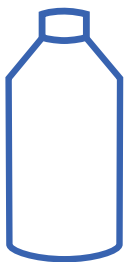
When we take God up on those promises, we experience the full, abundant life Jesus describes: "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full" (John 10:10).

Jesus fills to overflow. He gives us all of Himself and then some. It's what He does because it's who He is. The enemy tries to convince us we don't have enough. By focusing on what we don't have, he hopes to keep us from the life God wants for us.

If we have a relationship with Jesus, we already have what we need to enjoy the abundant life God promised. All we have to do is take a step.

REFLECT:

- What's one area of your life where you feel like you don't have enough? What would it look like to focus on God's overflow instead?
- Jesus made a way for us to have an overflowing life. How is what God's doing in you overflowing into the rest of the family of God?



Your little bit matters more than you think

Read John 6:1-15

Perhaps trying to be funny, Andrew suggests feeding over 5,000 people with a little boy's lunch. Imagine his surprise when Jesus says, "Have everyone sit down."

Picture the disciples plunging their hands into the baskets to pull out fish, after fish, after fish — over and over again. Confused glances became grins. Smiles turned to laughter. Imagine their elation — pure, full, unexpected, intense, undeniable joy coursing through everyone gathered. Not only had they seen, but they had also tasted the great miracle of multiplication.

Feeding the 5,000 was a miracle of participation. Jesus could have manufactured food for the masses out of nothing. He's the Creator. He can do that. He could've fed the crowd with manna or sent ravens. But He used a boy's lunch distributed by 12 disciples.

God accomplished His purposes through people who participated. He invites us again and again into the miracle. He asks us to participate.

It's tempting to wonder, "Does my little bit count? Does this small thing I do make a difference?" Ask yourself,

“Did the little boy’s lunch make a difference?”

What we have may not look like much when compared to others, but when we put what we have in Jesus’ hands, He multiplies it. That’s who He is and what He does.

God takes our time, energy, resources, and talents and multiplies them so that others are filled. He will even take your pain, disappointment, and failure. He’ll take it, redeem it, and transform it into something beautiful that brings glory to Himself and fills the world with good.

When we surrender what we have to Jesus, we can participate in what He’s doing in the world. The result is an overwhelming, overflowing joy.

REFLECT:

- Have you offered your “lunch” to the Lord?
- What do you have that God can use?
- How can you participate in what God is doing?



What motivates you to give?

Read Luke 21:1-4

It's easy to share when we have lots to give. But how generous are we when there's one brownie left in the pan? You know it's love when you'll let someone have the last bite of dessert or the last piece of your favorite candy.

That's what made the widow's offering so significant. Others gave out of their abundance. The amount of their giving was small against their total wealth. The widow's amount was large against her total income. Where others were giving from a full pan of brownies, she was willing to part with the last one.

The widow's mentality wasn't, "If I had more, I'd give more." Her attitude was, "God has met my needs and will meet my needs, so I will give in response." The widow gave like someone who knows God has given her all things and who trusts God with everything.

Her offering was more than a donation. It was the kind of sacrifice you willingly make for someone you love. Knowing her situation, Jesus commends her faith. But notice Jesus didn't say, "She demonstrated more faith." He said, "She put in more."

This is God's miraculous economy. When we act in faith, what we put in becomes more. We know it's faith-fueled

giving when we're not giving based on what we can do, but based on what God can do.

God is moved by our response to Him. He multiplied the widow's offering in ways she probably never knew. And this supernatural multiplication still happens today. When we give out of the overflow of our love for God — not what we hope He'll do for us in return — God multiplies our efforts.

REFLECT:

- Have you ever seen God multiply what felt like a small offering on your part? What happened?
- How did that experience change your understanding of God's economy?
- Think about the areas where you serve and give. Are you giving in response to what God has given you or in expectation of what He will do for you? How do you tell the difference?

“May the Lord r
increase and ov
other and for
just as ours c

make your love
overflow for each
everyone else,
does for you.”

—1 Thessalonians 3:12



Pain can be the path to an overflowing life

Read Psalm 23

Rarely do we record the hard parts of a journey. Often we rush through the valleys in favor of the mountain tops.

In the same way, we like to rush through the difficult parts of our lives. But the same God who leads us to blessing also brings us through suffering. And both, the mountain-tops and the valleys, can bring us joy.

David, who wrote Psalm 23, suffered. He also saw people he loved suffer. And yet, David's cup overflows (Psalm 23:5). This is good news. David reminds us that joy is not always about still waters and green pastures. Joy flows from the Shepherd, not the circumstance.

God is with us at all times, which means we can experience His presence and blessing no matter what comes our way. What David experienced in the valley, we can experience in a hospital room. Suffering and affliction are not the opposite of overflow. Pain is often the path toward overflow.

When we feel frailest, we are most dependent on God to guide us and sustain us. When we are weak, He is strong (2 Corinthians 12:7-10). When we think we'll be crushed

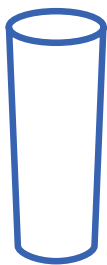
under the weight of one more decision, it feels good to let His rod and staff guide us.

An overflowing life is available to all of us. All the time. Are you looking toward someday when God wants to show you goodness and mercy right now, today?

We often stop to take photos of beautiful places. But it's the difficult times, the painful moments, that are etched into our memories and prepare us to spend eternity in God's overflowing presence.

REFLECT:

- What's one thing you learned about God during hard times? How did that season of life deepen your trust in the Good Shepherd?
- Do you find yourself rushing through the valley to get to the green waters and still pastures? Ask God to meet you where you are and reveal Himself in a new way.



Holding on to what you have holds you back

Read John 12:24-26, John 15:9-17

There are two well-known seas in Israel, the Sea of Galilee and the Dead Sea. The Sea of Galilee teems with life and brings life to the communities around it, while the Dead Sea remains barren. Why?

The Sea of Galilee receives its water from the northern mountains. It then overflows to the south, forming the Jordan River. The Dead Sea, by contrast, has no outlet — no overflow. The Dead Sea only receives. This creates a stagnant, life-killing environment.

Similarly, if we receive everything the Lord has for us — salvation, freedom, blessing, inheritance — yet keep it for ourselves, we grow stagnant like the Dead Sea. But if we overflow, we will be like the Sea of Galilee, full of life and blessing for all.

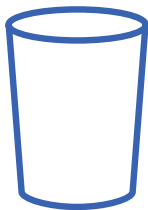
Jesus understood this principle and modeled it for us. It was in giving Himself away that Jesus multiplied His life. Like the seed that falls to the ground and dies, Jesus' death gave way to new life. In dying, Jesus brought about eternal life for all who would lay down their lives and follow Him (John 12:25-26).

Death to self leads to life — in Jesus and in us. As we follow Jesus, we put to death the spirit of self that is so prevalent today. We stop fixating on self-promotion and personal achievement. Instead, as we serve others, we experience the true, free, abundant life God offers.

May we be like the Sea of Galilee, receiving God's riches and letting them overflow into those around us.

REFLECT:

- What are some ways God has blessed you this season of life?
- What are some ways you can allow those blessings to bring life to others or the church?



Servants see what happens behind the scenes

Read John 2:1-11

Jesus' mother came to Him with a problem. Mary knew her son was no ordinary man. He was God's Son, the divine living among them (Luke 2:29-33). So she told the servants, "Do whatever he tells you."

The servants filled jars with water, took them to the master of the feast, and watched as the water turned to wine before their eyes. Lots of people enjoyed a miracle that day — the host, the newly married couple, their families and friends. But only the servants got to participate in the miracle. They saw the miracle and recognized the Maker.

Before we come to know Jesus, we are a lot like the party-goers. We experience Jesus' miracles and His grace, completely unaware of what's happening around us. But when we put our trust in Jesus, we take a step in.

Now we are no longer just recipients of His grace. We become distributors to those around us. Like the servants at the wedding, we get to participate in the miracle.

Serving isn't glamorous, but it is intimate. Servants see what happens behind the scenes. They have the access others don't. They see and know on a deeper level.

The wedding at Cana changed how the disciples saw Jesus (John 2:11). When we begin to participate in miracles with Jesus, the same thing happens to us. As we serve alongside Jesus, our eyes are opened to who He really is.

We discover that Jesus is more powerful than we realized and more compassionate than we could ever imagine. We understand, perhaps for the first time, that “He is before all things, and in Him all things hold together” (Colossians 1:16-17).

REFLECT:

- When was the last time you were witness to a miracle? How did that experience change how you see Jesus?
- Would you consider yourself more like the party-goers or the servants in this story? Why?
- How does serving allow Jesus’ grace to overflow from us?



We have much to be thankful for

Read Colossians 2:6-7,
2 Corinthians 4:15, 2 Corinthians 9:8-12

Temper tantrums are never pretty. The screaming, crying, and flailing on the ground happens because children want something they can't have.

They want the doll in the toy bin at home, instead of the one in their hand. They want the grapes that ran out yesterday, rather than the Goldfish in mom's purse. Provision is all around them, but they fix on what they don't have.

We don't lay out in the toy aisle at Target, but we've all had meltdowns with God. We pray for something specific, but when our heavenly Father answers in an unexpected way, we get angry. We cry, complain, and even accuse Him of not loving us.

It's easy to forget all the ways God provides for us — the air we breathe, the clothes on our backs, and the roof over our heads. When we focus only on what we lack, we give way to discontentment, anger, and bitterness.

In Jesus, we have all that we need and more. That's the promise of 2 Corinthians 9:8. God is generous, meeting our needs so we can do the same for others.

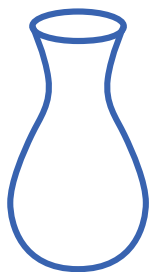
Just like a toddler, we have to change our perspective. We must look up to the Father rather than compare with our siblings. From this vantage point, we see what we have rather than what we're missing.

“God is holding out on us” is the message of the enemy. Our heavenly Father loves us, provides for us, and gives us everything we need.

As we live with Jesus, our understanding of His character deepens, our faith grows, and our hearts overflow with thankfulness. It's the only natural response to how much He's done (2 Corinthians 4:15).

REFLECT:

- Are you angry with God? Take a few minutes and be honest about any doubts or disappointments that might make it difficult to be sincerely grateful.
- What are five things you can thank God for today?
- How does starting the day in thankfulness to God affect your attitude heading into the day?



What motivates someone to give Jesus everything?

Read John 12:1-8

Mary didn't light up the room with a candle or sing a beautiful song. She broke open a container of perfume, and the fragrance filled the room. Have you noticed that smell powerfully connects us to our memory?

This story provokes our biblical memory — incense rising, burnt sacrifices offered, and bread broken. In each instance, God was pleased with the aroma. In each case, the smell signified something wholly given to God in worship.

The overflowing excess of Mary's gift filled the house with fragrance for all to experience. Perhaps, she could have sparingly daubed or dripped oil on Jesus' feet and gained onlookers' approval. But Mary responded to Jesus' worth in the only reasonable, right way. She poured out everything.

For Judas, Jesus was worth 30 pieces of silver — the equivalent of four months wages, or ironically, the amount paid in restitution for a slave killed by an animal. Mary's act of worship is a picture of her life — broken and wholly laid out on the altar before a worthy God.

Mary's gift reminds us that what is given in devotion to Jesus is never wasted. He is worthy! When we pour ourselves before the Lord, God uses us to spread the aroma of the knowledge of Jesus everywhere.

We are the pleasing aroma of Christ in the world. Oh, that we'd be accused of wasting our lives on Jesus!

REFLECT:

- Do you see Jesus as worthy of everything? Why or why not?
- Is any area of your life not fully surrendered to the Lord? Do you hold anyone or anything as more valuable than God?



An overflowing life is a rich life

Read 2 Corinthians 9:13-15, Romans 5:15-16

Generosity moves us to be generous. When someone does something kind for you, you want to do something kind in return. Even if the person doesn't let you pay them back, you feel compelled to pay it forward.

That's what was happening in the church in Corinth. They were so moved by God's generosity to them that they wanted to help others hear the good news about Jesus.

They could never pay God back for sending Jesus to save them, but they could pay it forward. They could use what God had given them to bless others the way they had been blessed.

The same is true for us today. Giving, not just our time but our money, is one way to thank God for His inexpressible gift. The Gospel is the greatest gift mankind has ever received (Romans 5:15-16).

Jesus came to earth, dealt with our sin, and gives us a way to have a relationship with God. Not only that, when we put our trust in Jesus, He gives us eternal life, brings us into God's family, and tells us we're going to rule and reign with Him. Talk about generous!

As we respond to God's generosity with our own generosity, we gain something greater than money could ever buy. We get the joy of helping others. We get to see others come to know God. And, those we help will be so "moved by the extravagance of God in your lives, they'll respond by praying for you in passionate intercession for whatever you need" (2 Corinthians 9:15, MSG).

You may not become wealthy by giving generously, but your life will be richer. That's a promise.

REFLECT:

- Are you giving to the church? What's one way your life has become richer since you started giving?
- What, if anything, holds you back from giving generously?



It's normal to be awestruck by how good God is

Read Psalm 65

How wild is it that we get to call God “ours”? He is our God. Psalm 118:28 says, “God, You are my God, and I will give you thanks.”

None of us deserve to be loved the way God loves us. He brings us near and blesses us. He adopts us into His family and gives us access we didn't earn.

Like a good dad, God is never far from us. When sin separated us, He did not leave us to fend for ourselves. God hears our prayers and answers us, often in ways we wouldn't expect.

The same God who created mountains, designed galaxies, and set waves into motion cares deeply for each of us. And if that seems crazy to you, you're not alone. The whole earth marvels at God's extravagance. Wherever He goes, goodness overflows.

“You care for the land and water it;
you enrich it abundantly...
You crown the year with your bounty,
and your carts overflow with abundance.
The grasslands of the wilderness overflow;

the hills are clothed with gladness” (Psalm 65:9-12).

All along, our God redeems, blesses, and multiplies. He who calms the chaos of nations can steady the turmoil we feel in our hearts (Psalm 65:7).

To see God as He really is — all-powerful and all-knowing, filled with steadfast love and mercy, overflowing in goodness and generosity — fills us with the same awe as the psalmist. It compels us to join with all creation as they shout for joy and sing (Psalm 65:13).

Your love overflows to us. Thank you, God!

REFLECT:

- Where do you need to be reminded of how much God loves you?
- Where have you seen God’s goodness overflow in your life? Take a few minutes to praise God in your own words. Point out the specific spaces and places where you’re seeing His abundance.
- What’s one way you can let these blessings overflow and bless those around you?

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