

Overflow = Worry is a Waste

Huh?

For thirty years, Johnson had arrived at work at 9A.M. on the dot. He had never missed a day and was never late.

Consequently, when on one particular day 9 A.M. passed without Johnson's arrival, it caused a sensation. All work ceased, and the boss himself, looking at his watch and muttering, came out into the corridor.

Finally, precisely at ten, Johnson showed up, clothes dusty and torn, his face scratched and bruised, his glasses bent. He limped painfully to the time clock, punched in, and said, aware that all eyes were upon him, "I tripped and rolled down two flights of stairs in the subway. Nearly killed myself."

And the boss said, "And to roll down two flights of stairs took you a whole hour?"

Hmmm..

Not what we have But what we enjoy, constitutes our abundance.

Epicurus

All of us have experienced the felling of not enough.

Anxiety disorders affect about 40 million American adults age 18 years and older. That's about 18% of the population in a given year.

Anxiety disorders are the number one mental health problem in America, surpassing even depression in numbers.

Women suffer from anxiety and stress almost twice as much as men

Anxiety is the most common mental health issue facing seniors

Anxiety disorders cost the U.S. workplace \$46.6 billion annually; 88% of this figure is from lost productivity.

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John 10:10

“The thief comes only to steal and kill and destroy; I came that they may have life, and have *it* abundantly.

Life - Zoe

1. life
 - a. the state of one who is possessed of vitality or is animate
 - b. every living soul
2. life
 - a. of the absolute fullness of life, both essential and ethical, which belongs to God, and through him both to the hypostatic "logos" and to Christ in whom the "logos" put on human nature
 - b. life real and genuine, a life active and vigorous, devoted to God, blessed, in the portion even in this world of those who put their trust in Christ, but after the resurrection to be consummated by new accessions (among them a more perfect body), and to last for ever.

The concept of life is YES eternal. We will go on to spend eternity with God our Father and Jesus our Savior and the Holy Spirit our comforter, as well as all of those of our family that have gone on before us.

But there is an abundance of this zoe that we are to enjoy in the here and now. Unfortunately though, many of those in the body of Christ today instead of seeing the overflow of abundance in their life are spending the here and now looking more like this.

And if we're not careful, we will spend all of our time focusing on our sacrifice and not enough on the life that is produced from that sacrifice.

The world will cause you to focus on what you have given up and not what you have gained. (don't you miss it??)

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Matthew 6:25-34

25“For this reason I say to you, do not be worried about your life, *as to* what you will eat or what you will drink; nor for your body, *as to* what you will put on. Is not life more than food, and the body more than clothing?

26“Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and *yet* your heavenly Father feeds them. Are you not worth much more than they?

27“And who of you by being worried can add a *single* hour to his life?

28“And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin,

29 yet I say to you that not even Solomon in all his glory clothed himself like one of these.

30“But if God so clothes the grass of the field, which is *alive* today and tomorrow is thrown into the furnace, *will He* not much more *clothe* you? You of little faith!

31“Do not worry then, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear for clothing?’

32“For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things.

33“But seek first His kingdom and His righteousness, and all these things will be added to you.

34“So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.