



SEVEN SECRETS TO THE ABUNDANT LIFE

By
Rose Noland©

The Jones family goes to bed. All is secure—so they think. They had accidentally left the back door open. Now suppose they knowingly left it open; or were just too lazy to get up and lock it? “We’ll be fine, no one knows!” they rationalize. But the enemy is on the prowl looking for opened doors. Unawares, they are inviting robbers to come in if they get wind of it.

How foolish! No one in their right mind would do that! But that is exactly what most of us are doing with our lives. We are leaving ourselves vulnerable to the enemy of our souls. He’s stealing our joy, peace, and fulfillment—the abundant life—right out from under our noses.

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.” (Jn 10:10)

Jesus died and rose again so that we could not only have eternal life, but a rich, full and meaningful one. True eternal life is not only living forever, but having a quality of life. Yet so many Christians are living joyless, unfulfilled, and unproductive lives. Often it's because people are uniformed. This material will help you get that information and learn how to apply it so that *you* can live the abundant life.

Not experiencing life the way our Maker intended must sadden Him. He paid dearly for that life. See God's heart in these Scriptures that we not merely exist.

“With me are riches and honor, enduring wealth and prosperity.” (Pr 8:18)

For in Christ all the fullness of the Deity lives in bodily form, and you have been given fullness in Christ.... (Col 2:9-10)

[You] may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. (Eph 3:18-19)

Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the goal of your faith, the salvation of your souls. (1 Peter 1:8-9)

Read on to see how you *and* God can get the life you *both* want.

Why Aren't We Satisfied?

We all have the fundamental needs of love, acceptance, security, a sense of worth or significance, companionship, and hope. We all have good desires which we strive to achieve. Yet most of us are dissatisfied. Why does it seem like a secret? Why does our searching so often end in disappointment and discouragement? Because these are God-given longings which we are trying to fill *ourselves*. God *wants* to do it, and *only* He can. Seeking fulfillment in our own way or in anything other than God always leaves us empty.

*For you know that it was not with perishable things such as silver or gold that you were redeemed from the **empty way of life** handed down to you from your forefathers, but with the precious blood of Christ, a lamb without blemish or defect. (1 Pet 1:18-19, emphasis added)*

God promises to fulfill all our needs. He is faithful and true to His Word; you can trust Him to carry out that promise to the max.

And my God will liberally supply [fill until full] your every need according to His riches in glory in Christ Jesus. (Phil 4:19 AMP)

How Do You Get the Abundant Life?

Let me first say there is no magic pill and it is a lifelong process. If you're looking for a quick fix, you will be greatly disappointed. Nevertheless, it is attainable. I know because I am living it. Not perfectly—but in an *increasing* manner. It is definitely a much better way to live!

However, you don't have to wait years to experience it. You can start right *now*. From the outset you can begin to have a renewed sense of hope, joy, and purpose. As you continue to pursue living life God's way, you will notice an increase in the frequency and duration of a rich life in your mental, emotional, and spiritual state.

You have nothing to lose and everything to gain. God desires this for you. The real question is, “Do you?” Are you willing to pursue it? I promise you it’ll be worth any effort or change needed!

Here are the keys to get you started to live in the way in which God has designed you.

7 Keys

1. Have a Correct Definition of the Abundant Life

Since God is the Giver of this life, we need to know what *God* meant when He promised the abundant life. Our perception is often different from His. We need to get on the same page as the Author of life. When it comes to a rich existence, the Bible is not referring to the physical realm, but the spiritual one. A full life can include the physical, but there’s so much more to life than the tangibles. Money alone has never made anyone truly happy and contented; just ask a [millionaire](#). Neither is perfect health a prerequisite for a fulfilled life; ask quadriplegic, [Joni Eareckson Tada](#).

From my study of the Bible and experience with the Lord, here’s what I believe the abundant life is:

- Joy despite pain, suffering, and sorrow.
- Not the lack of stress; but calmness despite the presence of pressure.
- Security in the face of the unknown.
- Confidence in the face of inadequacy.
- Quietness of heart in the busyness of life.
- Peace in the center of conflict.
- Love in the midst of hate.
- Forgiveness despite sin.
- Not the absence of trials but being victorious over them.
- Living on a higher plane—above our circumstances, not under them.

In a nutshell the abundant life is:

Having a sense of wellbeing and wholeness; knowing all our needs, spiritual and physical, are being or will be met—no matter the circumstances.

2. The Abundant Life is a By-product Not the Goal

This is where I went wrong for such a long time. After I had been saved for many years I still frequently got depressed. I had many times with God where I did experience joy and peace, but why couldn't I keep it? One day I penned these words in my journal:

“I wonder if I am addicted to feeling joyful?”

Immediately the Lord answered. He revealed to me that I was seeking the joy and peace I got when I was in His presence, but not *Him*. I cried. He wanted me to seek Him to know *Him*—His character and His ways—not what I would *get* from Him!

That's a self-focused approach. Our primary goal needs to be to love God with all of our being.

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.” (Mk 12:30)

God promises we *would* find Him if we sought Him with all of our hearts.

“If you look for me wholeheartedly, you will find me. I will be found by you,” says the LORD. (Jer 29:13-14a NLT)

In seeking a love relationship with God we would get all that goes along with that relationship; all that we crave—and more.

But first and most importantly seek (aim at, strive after) His kingdom and His righteousness [His way of doing and being right—the attitude and character of God], and all these things will be given to you also.

(Mat 6:33 AMP)

An abundant life, therefore, is the **outcome** of being in a love relationship with God and seeking to cultivate that relationship.

3. Be in a Right Relationship with God

To have a relationship with our holy Creator we must enter *His* way—through His Son, Jesus Christ and His redemptive work on the cross. Experiencing the full life is all about being in a **right** relationship with your Maker. It begins at salvation when you accept Jesus' free gift of eternal life. In Jesus' own words:

Now this is eternal life: that they may know you, the only true God, and Jesus Christ, whom you have sent. (Jn 17:3)

The original Greek word, *know*, here means to become acquainted and understand through personal experience. Getting to know God—not just in our heads or about Him, but in an intimate way.¹

4. Remain in a Right Relationship with God

Do you remember what it feels like when you are at odds with your spouse or a loved one? When I was in conflict with my husband, I was miserable. There was no joy or peace in our relationship because we weren't in harmony. It greatly affected my quality of life until it was resolved.

Since relationships are always two-sided, the quality of a relationship depends upon both parties. The best relationships are where both sides give their all—not a 50/50%, but a 100/100%. Of course, in a relationship with God, His side is never lacking. Now God knows we cannot be perfect, but He does expect us to endeavor in giving our all.²

Jesus describes the type of relationship He desires with us in John 15.

“I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit.... As the Father loved Me, I also have loved you; abide in My love. If you keep My commandments, you will abide in My love, just as I have kept My Father’s commandments and abide in His love. These things I have spoken to you, that My joy may remain in you, and that your joy may be full.” (Jn 15:5, 9-11 NKJV)

Jesus wants us to remain united to Him by a living a life of obedience and dependence upon Him; to constantly exercise faith in Him.³ Abiding means living together in harmony.

That begins by learning about each other; finding out what pleases the other person. In good relationships both parties benefit. Our omniscient God already knows everything about us (Ps 139), but we obviously don’t know everything about Him. We never fully will. Nevertheless, [God wants to be known](#) and invites us to seek Him as we saw above.

The Lord tells us who He is in His Word, the Bible. The more you know Him, the more you will love Him, and the more diligently you will explore *how* to live in harmony with Him.

*My child, listen to what I say, and treasure my commands.
Tune your ears to wisdom, and concentrate on understanding.
Cry out for insight, and ask for understanding.
Search for them as you would for silver; seek them like hidden
treasures.
Then you will understand what it means to fear the LORD, and you will
gain knowledge of God. (Pr 2:1-6 NLT)*

Let me clarify something here. Just knowing about God and His truths is not enough, neither is only pondering them. You need to *apply* them. Now deeply thinking about God’s truths will lead to implementing them,

because they will become part of who you are which carries over into action. All this to say—you must obey God’s Word if you want to remain in a right relationship with your Savior and have His complete joy.

When you attempt to live obediently, you won’t restrict the life flow of the Vine into you—the branch. You will receive all the water and nutrients you need to produce fruit. In other words, all that you need for life, and to live it in a godly way, will be supplied (2 Pet 1:3). The result is fruit that will last eternally (Jn 15:16). You’ll be connected through Jesus Christ to all of God’s goodness and riches.

Oh, you may be blown about in the storms of life. Environmental adversities or sin may pinch your stem, hindering the flow of Christ into your life. But you will never be completely detached. Jesus won’t allow that!

***Obeying God = Remaining in Christ = Abiding in the Vine
→ Abundant Living***

Be a person after God’s own heart in wanting to live His way, and the abundant life will be yours!

5. Confess and Repent When We Fail

Unfortunately, sinning against God is inevitable. We humans are always falling short of living life perfectly. Sin breaks your fellowship with God, but gratefully, not your relationship; only your communion with Him. God already knows you are going to fail Him, that’s why He sent His Son Jesus. You don’t have to live with a defeated mindset. You can live a victorious life over sin. That’s abundant living in my book!

When we sin we can restore our fellowship with God by humbly admitting that we’ve done wrong and *sincerely* repenting. First John 1:9 says:

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

It's a promise. Remember being *right* with God leads to the abundant life. If we are *aware* of any unconfessed sin, then we are not right with Him. We are preventing the fullness of Christ to dwell in us. We are hampering spiritual fruit production. You and I don't want that.

Now don't swing the pendulum too far in the other direction by worrying if there is a sin for which you are unaware. That'll rob your peace instantly. We are always falling short of His perfect standard. God will make you conscious of the areas in which you need to address now. He knows how to lead you into all truth, including your weak areas and how to overcome them.

Therefore, as soon as the Holy Spirit convicts you—makes you conscious of your sin, repent. Don't delay. Why wait? You'll only be miserable. Once you have tasted and seen that the Lord is good; have experienced the sweetness of communion with Him, you won't want anything interfering with that. It's simply not worth the loss of intimacy. Don't let the evil one steal your joy and peace by keeping you proud and unrepentant.

Upon repenting, accept God's full forgiveness. Don't believe the lie that God won't forgive you, no matter how big, intentional, or repeated that sin may be. The devil is trying to keep you in a defeated state of mind with false guilt. God forgives *all* sins that are confessed with a repentant heart. Jesus' sacrifice was sufficient for all wrongdoing (Heb 7:27).

6. Develop and Keep an Eternal Perspective

"In this world you will have tribulation..." That's a statement we didn't need Jesus to make! Gratefully, in the second part of that verse Jesus gives us a promise. "But be of good cheer, I have overcome the world." All of Christ's victory has not yet been realized on earth. God isn't done with His plan yet. We must wait for the full restoration of heaven and

earth for that (Rev 21). We live in a fallen world where sin and its affects abound. It's hard not to be overwhelmed. That's where having an eternal perspective comes in. This is not all there is. This is not our final destination.

When I lost my soulmate to cancer in 2010 a huge part of my life was cut out. How can I live a full life with so much of it missing? But one day Ed and I *will* be reunited because he also knew Jesus as his Savior. This world is not my home—heaven is.

But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body. (Phil 3:20-21).

When the ache of missing my husband threatens to overtake me, I determinedly choose **not to focus on the *here and now*, but on the *there and then*.**

Although an eternal mindset requires time to develop and a continual choosing to keep it, it is a vital key in enjoying life to the fullest. It is worth the effort. Developing and keeping an eternal perspective will help you:

- Not get consumed with your problems or those of the world.
- Find joy in the simple things because you know it'll be inconceivably better on the other side (1 Cor 2:9).
- Develop patience. You won't get as flustered with the little things in life like traffic jams, people's tardiness, and inconveniences.
- Endure and persevere through difficult circumstances.
- Not be defeated when your defeated foe comes at you. (1 Jn 4:4, Rev 12:10)
- Not become demoralized at the injustices in the world. In the end God's perfect justice will be accomplished.
- Give you hope.

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal. (2 Cor 4:16-18)

Check the appendix for more verses to procure a more heavenward outlook.

7. Live a Yielded Life

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will. (Rom 12:1-2)

In light of all God has done for us—saving our souls from hell and so much more—is it really too much to ask to live His way? I know it’s hard. Even when you truly love and adore Him, it’s hard to submit sometimes. But may I tell you that it does get easier the more you know His character? As you learn about His goodness, mercy, faithfulness, etc. you will be able to trust Him more and more. You will discover through experience that His will is best. Consequently, you will yield more often, sooner, and with less of a fight. I like the way The Living Bible translates verse 2:

Then you will learn from your own experience how his ways will really satisfy you. (TLB)

Our all-knowing and wise Lord identifies what is best for us. Let Him satisfy you.

That brings me to an aspect of surrender that you may not have thought of—one that you *will* like.

Living a yielded life also includes accepting all of the *good stuff* God wishes to give.

Now some of us just have a hard time receiving from God or others. I used to. Perhaps you feel unworthy, undeserving. Without allowing God to give you His salvation, love, comfort—whatever you need—you obviously won't live a full life. Gifts are freely given. You and I are to graciously accept them. When you give someone a gift and they refuse to take it, doesn't that make you feel rejected? That's basically what you're doing to God when you don't humbly receive. Grace is unmerited favor. You can't earn it, only gratefully take it.

Allow God to minister to your soul; to meet you at your point of need. Let His precious Word wash away your doubts, fears, and insecurities. Permit the Holy Spirit to fulfill His role as Comforter. Accept the unfathomable and unconditional love from the King of kings. Allow the Life-Giver to renew your spirit. Let the God of hope give you hope and therefore joy and peace.

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit. (Rom 15:13 NLT)

You may be thinking: "Of course I want those blessings! It's just those *other* things like trials and heart aches I don't want." However, I have found that some blessings are just disguised as trials. All of God's gifts are good. If we cooperate with our Sovereign King, He will produce good and eternal fruit through them (John 15:16, Rom 8:28). The pain doesn't have to be wasted.

We cannot experience a rich life without God's enabling. He is the Originator of all life. It makes sense to live a submitted life under His control. Out of the riches of His love, He has all the wisdom and power

to give us exactly what we need for a meaningful, beautiful, contented, and joyful life. Don't hinder His perfect will for you! Life is so worth doing His way! Surrender control to Him. It's the only way to get what you *and* God want.

CONCLUSION

God doesn't owe us anything, yet He offers us a wonderful life with Him that will last forever. A life filled with hope and way more than our minds can imagine! It begins the moment we say yes to Jesus Christ as Savior. His arms are open wide, inviting you to live life ***with*** Him.

Our way leads to emptiness, His way leads to true riches and fulfillment. Which will you choose?

Don't expect to achieve this full life overnight or to experience it perfectly. That will not happen this side of heaven where Satan, the world, and our sinfulness pull us away from living in fellowship with God.

There will be times when you fail or stray off the path. Satan will succeed at stealing your joy and peace on occasion. But remember this: God has an infinite supply of them. Go to your Source, in humility, to get replenished. God will not turn you away. He will continually and consistently guide you step by step into *true* happiness.

Now you have the secrets to abundant living! Use those life-freeing keys and then pass them on!



[Visit our online store for more resources to help you live the abundant life!](#)

APPENDIX

Eternal perspective Scriptures

Ps 37:7, 34	Rom 8:18*	Phil 3:20-21
Ps 39:4-6*	Rom 13:11-12	Tit 2:11-13
Ps 90	1 Cor 1:7-9	Heb 10:36-39*
Eccl 3:1-8	1 Cor 2:9	Jas 4:13-17
Lam 3:19-26*	1 Cor 4:5	Jas 5:7-11
Hab 1:2-5	2 Cor 4:16-18*	1 Pet 5:6-7
Hab 2:1-3	Gal 5:5	2 Pet 3:8-9
Lk 12:35-40	Gal 6:9	Rev 21:4

How to Receive Jesus Christ as Your Personal Savior

- **Admit and confess that you are a sinner.**

For all have sinned and fall short of the glory of God. (Rom 3:23 NKJV)

- **Since God requires 100% perfection you cannot enter heaven on your own merit.**

For it is by grace you have been saved, through faith--and this not from yourselves, it is the gift of God—not by works, so that no one can boast. (Eph 2:8-9)

- **Recognize that justice requires that wrong doing (sin) has to be punished.**

For the wages of sin is death.... (Rom 6:23)

Sin will eternally separate you from the presence of God.

He will punish those who do not know God and do not obey the gospel of our Lord Jesus. (2 Thess 1:8)

- **Since God created you for a love relationship with Him, He made a way for your sin to be taken away and forgiven by punishing His Son, Jesus Christ, in your place.**

For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. (Jn 3:16 NKJV)

Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father except through Me.” (Jn 14:6 NKJV)

When you were dead in your sins and in the circumcision of your sinful nature, God made you alive with Christ. He forgave us all our sins, having cancelled the written code, with its regulations, that was against us and that stood opposed to us; he took it away, nailing it to the cross. (Col 2:13-14)

For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive by the Spirit. (1 Pet 3:18)

- **Accept Jesus’ work on the cross and resurrection for yourself.**

...If you confess with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. (Rom 10:9)

- **Repent and turn away from living life your way and live for Christ.**

We know that we have come to know him if we obey his commands. The man who says, “I know him,” but does not do what he commands is a liar, and the truth is not in him. But if anyone obeys his word, God’s love is truly made complete in him. This is how we know we are in him: Whoever claims to live in him must walk as Jesus did. (1 Jn 2:3-6)

- **If you have done this—rejoice for now you are His child!**

Yet to all who received him, to those who believe in his name, he gave the right to become children of God—children born not of natural descent, nor of human decision or a husband’s will, but born of God.

(Jn 1:12-13)

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¹ <http://biblehub.com/greek/1097.htm>

² Rose Noland, *Our Knowable God*, (He’s So Worth It Ministries, 2012), 3.

³ <http://biblehub.com/commentaries/john/15-4.htm>