

# SHALOM *in the Home*

## Shalom in the Home: "Living from the Overflow"

Shalom-ie my Homies! We are in Week 6 of our series, *Shalom in the Home*. In the first couple of weeks we talked about **Giving God Control** by adopting His vision for our family and pursuing Godly revelation instead of our personal aspirations. In the last few weeks we covered **Owning our Role** and we got to hear some real talk from some real folk. We heard from some amazing married couples in our Church, we got the inside scoops on growing up in the home from the next generation, and last week we heard from a few of the parents on raising Kingdom Kids. In these two weeks we are going to catch a vision for what it looks like to **Make Life Whole**. Remember, when we submit to the **Author**, He empowers us to walk in His **Authority**, so we can live **Authentically**.

Today, I want to talk about *Living from the Overflow* in our homes. How many of you want to live life out of an overflow? How many of you want to love your kids out of the overflow? How many of you want to love your spouse out of an overflow? Jesus promised that we would experience life more abundantly and that we would have rivers of living water flowing from within us but to be honest with you, many times I feel like my love is more like a trickle. You come home from a long day and barely manage to squeeze out a few drops for the kids. Your spouse wants to connect and you're wringing your love tank dry.

Many of us are familiar with Psalm 23, *"The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul."* But how many of us really feel this way in the day-to-day? "My cup runs over."

**OG Discussion Question:** *On a scale of 1-10 (1 being empty and 10 being full) how full does your tank feel on average?*

Someone reimagined Psalm 23 and for some of us this might rings truer.

*"The clock is my dictator, I shall not rest. It makes me lie down only when completely exhausted. It leads me into discontentment. It hounds my soul. It leads me in circles of frenzy, for activities sake. Even though I run frantically from task to task, I will never get it all done, for my ideal is with me. Deadlines and my need for approval, they drive me. They demand performance from me, beyond the limits of my ability. They anoint my head with migraines, My inbox overflows. Surely fatigue and time pressures shall follow me all the days of my life. And I will dwell in the bonds of frustration forever." (Author Unknown)*

I pray this wouldn't be us! We want to live from the overflow!

A wise person once commented that there are three kinds of people in the world: the flint, the sponge, and the honeycomb. To get anything from a flint, you have to hammer it. Yet all you get for your effort are some chips and showy sparks. You see, the flint gives nothing away if it can help it, and even then only with great display.



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To get anything from a sponge, you have to squeeze it. It only yields to pressure and the more it is pressed the more it gives. Still, it has to be squeezed.

The honeycomb, on the other hand, flows freely. It gives its sweetness generously, without pressure, without begging, without badgering. You see, the honeycomb is a renewable resource. Unlike the flint or the sponge, the honeycomb is connected to life – it is the product of the ongoing work and creative energy of bees.

Which of these three best describes you? Are you a flint, a sponge, or a honeycomb? Do you give grudgingly, only under pressure, or do you offer what you have willingly, knowing that you are connected to a source of vitality and that your life's resources will continually be replenished and renewed?

**OG Discussion Question:** *Which of these three describes you? Have you ever met someone who was a honeycomb? What were they like?*

There are people in our homes, our families, and our communities in desperate need. Life is a constant bombardment of opportunities to give in ways that will give life to others. Today I want to share two things that will help us live from the overflow – First, connecting to the right energy source and second, giving energy to the right things. So we need to check our energy input and our energy output.

## Energy Input

Let me ask you, how do you fill up? What energizes you? Is it being out in nature? Is it solitude? Is it being with others? What fills you? And how long does it last before you need to fill up again?

The Bible tells us the story of a woman who would constantly have to go to the well in order to fill up. Because of her reputation, she would only go during the hottest part of the day (high noon) in order to avoid bumping into anyone else from the village. On this particular day she bumped into Jesus instead.

Jesus asked her for a drink, which shocked her because people like Him didn't talk to people like her. "How can you ask me for a drink?" She asks.

Jesus responds, "If you knew who I really was you'd be you asking Me for a drink." But she points out that He doesn't have anything to draw water with.

<sup>13</sup> "Jesus answered, "Everyone who drinks this water will be thirsty again, <sup>14</sup> but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life," (John 4:13-14).





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The imagery here is of Moses and the Israelites in the wilderness and God's miraculous provision of water from the rock in the midst of the desert – an endless supply that quenched the entire people and never stopped flowing.

*"The woman said to him, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water," (John 4:15).*

This woman was tired of going through the same routines that never seemed to satisfy. How many of us are tired of the same routines that never seem to satisfy? Don't you want to tap into the endless supply that Jesus is talking about?

I listened to a Saddleback Podcast recently that beautifully illustrated this.

Imagine yourself in a desert. The glaring sun above beats relentlessly upon your face with nowhere to go for cover. As you look to the horizon there are endless sand dunes for as far as the eye can see. Life can feel like a desert. The constant demands of work, activities, and your kids seem relentless. Not only that, but as you look toward the horizon there doesn't seem to be any end in sight. You're in survival mode. As you continually pour out the thirst kicks in. What is it you are thirsting for? Is it rest, hope, a sense of purpose, connection?

When you remain in the desert for long stretches at a time your mind can start to play tricks on you. You start to imagine there is water where there isn't and you expend necessary energy pursuing mirages that don't truly satisfy. You think you've found refreshment but really you're drinking hot sand. Sound familiar? Maybe you spend your sacred moments of quiet scrolling through social media getting angry at your Uncle's crazy political rants. Maybe you're afraid to slow down so you fill your schedule with needless activity. Maybe when the kids are finally down to bed and you have a moment to kick your feet up you binge Netflix and stay up way too late losing precious rest. Are there any mirages in your life that you turn to for refreshment? My wife will be the first to tell you that I've been guilty of this!

My favorite, as a guy, is the 'nothing box'. Guys know what I'm talking about. Men love the 'nothing box'. This is where we go to shut off our brains and just do nothing. Whether it's video games, ESPN, YouTube, it requires nothing of us. We just want to be in our 'nothing box'. My wife knows, I used to live in the 'nothing box'. Early in our marriage I used to play a lot of Xbox, which thinking back on it – Xbox (Nothing box). But God began showing me, when I go to my 'nothing box' for refreshment, I come away with [guess what] nothing! Then when work, or my kids, or my wife need me, what do I have to offer them? Nothing! The nothing box gives you nothing! There's nothing wrong with some fun, but where can we go to get what we truly need?

**OG Discussion Question:** *Where do you go to fill up? Are there any mirages in your life that you know don't bring you refreshment?*





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<sup>37</sup> "On the last and greatest day of the festival, Jesus stood and said in a loud voice, "Let anyone who is thirsty come to Me and drink. <sup>38</sup> Whoever believes in Me, as Scripture has said, rivers of living water will flow from within them," (John 7:37-38 NIV).

This was during the festival of booths where the Israelites celebrated God's provision for them in the wilderness. On the last and greatest day, the festival culminated in a sacred ritual. The priest would take a golden pitcher of water and ascend the Temple steps amidst praise and trumpets. Then the priest would pour out the water on the altar symbolizing God's provision in the wilderness. So thousands of people are in Jerusalem for this event, they are commemorating God's outpouring and provision for their weary ancestors in the desert, and Jesus climbs up on stage like Kanye West at the VMA's, grabs the mic and says, "Excuse me! I'm really happy for you Priest. And Imma let you finish. But if anyone here is thirsty, you should come to Me and drink! I'm the greatest living water of all time! Of all time!"

Jesus is the only one who can truly satisfy our thirst. He is not a mirage, He is the real deal. How will you go to Jesus to drink? Jesus says, "Come to Me, all you who are weary and burdened, and I will give you rest," (Matthew 11:28). Some might pray or spend time in His Word. I love to spend time in God's Word. I have made it a daily habit to be in Scripture. God's Word is a great source of truth and revelation but if we're not careful, it can become more activity. For me, being in God's Word is necessary but it is not necessarily rest. So aside from my time in the Word I also set aside time to simply rest in Jesus.

**OG Discussion Question:** *Do you take time to rest in Jesus? What does it look like in your life? Share what works for you.*

What does resting in the Lord look like? I'm not saying there's one way to do it but what I can do is offer my method. First I find a time or space that is free of distraction. The Bible says Jesus would often find a quiet place to pray. Usually I will put on some quiet worship instrumental music. YouTube has some wonderful worship instrumentals. Then I begin to sit quietly and try to become aware of God with me in the room. Often times my mind will go to prayer. This is totally fine. Feel free to express your thoughts and prayers to the Lord. But don't stop there! So often we only go to the Lord to let Him know our prayers. After you've exhausted your prayers continue to sit in His Presence. For me, prayer usually transitions to a time of worship. I begin to praise God for His goodness and His nature. I praise Him for all He has done in my life. What happens when I begin to worship? My praise and worship attracts His Presence. The Bible says God inhabits the praises of His people. It's usually during this time that I begin to sense a greater measure of His Presence. As the psalmist writes, "I long to drink of you, O God, to drink deeply from the streams of pleasure flowing from Your presence."



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This is where we experience the streams of God's Presence. I will sometimes sense waves of God's Presence wash over me. I have literally gone into my quiet place feeling exhausted and depleted and after just a short time I've had energy return to me, I've had headaches dissipate, and my mood completely shift. It makes me wonder how much of what we carry in our day-to-day is actually spiritual. Jalee has witnessed the before and after of my quiet times. And this is not something that is reserved for Pastors or exclusive to certain Christians. Jesus is saying, "Are you thirsty? Are you tired? Are you weary? Nothing else will satisfy but I will be a never ending fountain of life in you."

Many of us become keenly aware of the effects nutrition has on our body, especially the older we get. The same is true of our spiritual diet. What are you allowing into your heart? What you consume has a tremendous impact on your mood, your emotions, your rest, and your spiritual life, especially as you get older and more people look to you. We need to be as healthy as you can be in the home. God is calling us to bring His streams of living water to our family.

## Energy Output

So Jesus alone can sustain us through all that He's calling us to. Everything else will leave us empty. The closer we draw to Him and the more we abide in Him the more life-giving we will be. Let's transition to energy output. Maybe part of the reason we're not living from the overflow is because we are expending energy on the wrong things.

*"A sluggard's appetite is never filled, but the desires of the diligent are fully satisfied,"*  
(Proverbs 13:4 NIV).

The Bible is saying if we are apathetic or unintentional we will always be left wanting. But if we live purposefully and intentionally we will be fully satisfied – we will live from the overflow.

In his book, *Seven Habits of Highly Effective People*, Stephen Covey talks about the big rock priorities in our life. Pastor Wayne talks about this in terms of our 5%. All of us have the same amount of hours in the day – 24 hours. But how people use that time can be drastically different and yield drastically different results.

About 80% of what we do, anyone can do. These are things like watching TV, being on social media, playing video games, etc. Anyone, with little to no training can do these things. 15% of what we do, someone with some amount of training can do. These are things like your work, a special skill you might have, an instrument you might play, etc. Someone with some modicum of training can do these things. This leaves your last 5%. 5% of what you do, only you can do. Only you can be a husband to your wife, a mother to your child, only you can fulfill the unique calling God has placed on your life. No one else can do that for you. I wish I could pay some of you to go to the gym and workout for me, then at the end of the week we meet up and you transfer it all to me. But that's something only I can do. Nobody else can grow spiritually for you. And nobody else can spend time with Jesus in order for Him to transform you into who He created you to be, and who others need you to be, but you.





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**OG Discussion Question:** *What is your 5% (The Big Rock Priorities)? How do you ensure you make time for the big rock priorities in your life? Are there any Big Rock priorities that need more attention in your life?*

The people who focus on their 5%, who prioritize the things that only they can do – their unique contribution to the world, are the most fulfilled and successful people you'll meet. At the end of your life, God will not hold you accountable for all you could do. He will hold you accountable for all He called you to do.

## **Conclusion**

I am not giving this message because I feel qualified to give it. In fact, I would say the complete opposite is true. I am giving this message because God has me on a journey to learn how to live and love from the overflow. This journey began with a dear friend, whom I often speak of, Pastor Alex Michel. Pastor Alex recently went to be with the Lord. At his celebration of life I witnessed something that had a profound impact on my life. There were a number of people from different parts of his life sharing testimonies about him. There were childhood friends, Co-Pastors, people he ministered to, and even members of his own family. There were also countless messages and comments that came pouring in from people about how Pastor Alex had impacted their lives. Everyone said the same thing, that when you were with Pastor Alex, you felt like you were the only one in the world who mattered to him. Whether it was at Church, at home, or for 5 minutes in the parking lot of Walmart, you felt loved, seen, and walked away filled. A common phrase kept coming up from everyone who shared testimonies that evening, "I don't know how he was able to give so much of himself to all of you when he gave everything to me." That was his legacy.

I went home from that service completely confounded. How did he do it? How was he able to give so much to every single person he met? No one has that much love and energy! My conclusion was that it had to be supernatural. Pastor Alex had tapped into a wellspring of living water. He was living from the overflow. As I thought about his legacy a question began to haunt me. I pray you would answer this question for yourself. If you were to die today, would that be your legacy? Jesus said we would be known for our love and that love is the greatest commandment. I knew in that moment that I was not leaving that kind of legacy. Since then I have been on a journey to discover the same source of life that Pastor Alex did and live life from the overflow. I pray you would join me.