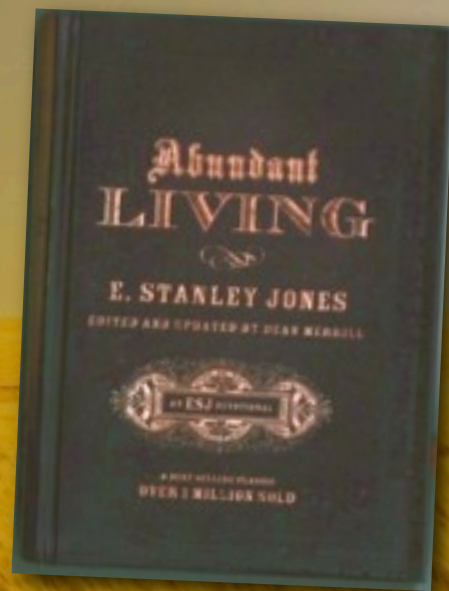


The Year of Abundant Living

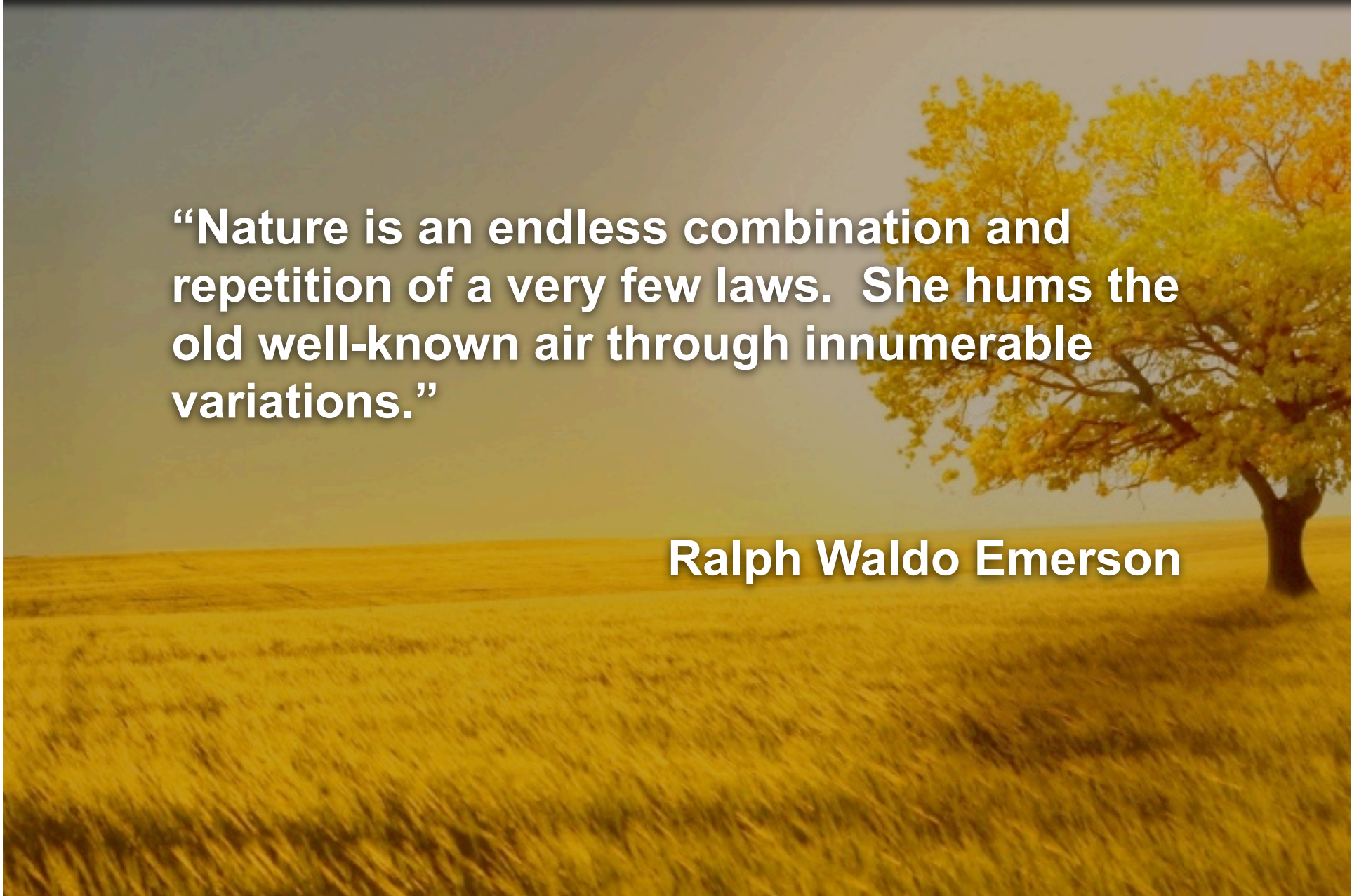


How To Swallow Sunshine

The Year of Abundant Living

“Nature is an endless combination and repetition of a very few laws. She hums the old well-known air through innumerable variations.”

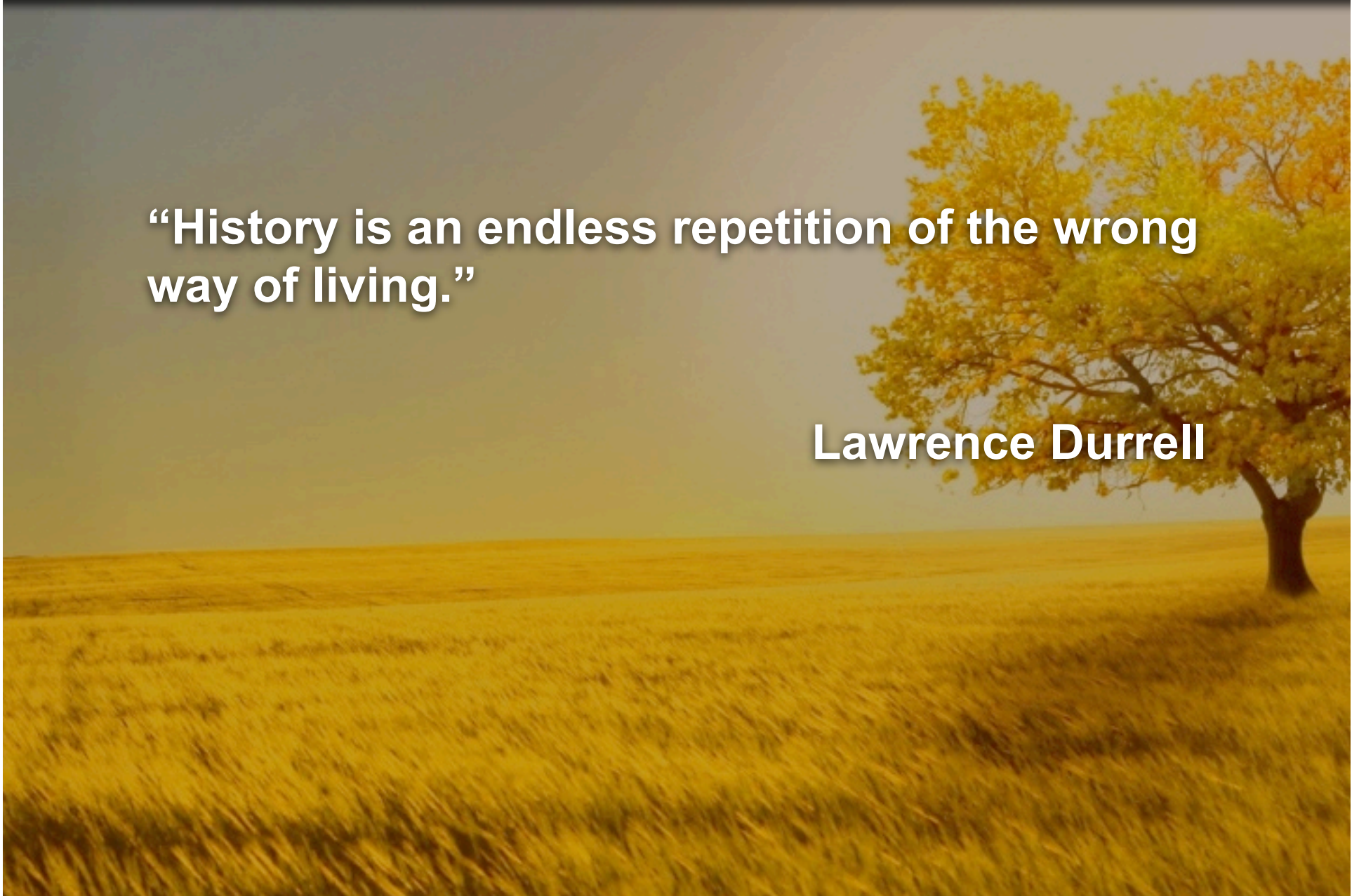
Ralph Waldo Emerson



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“History is an endless repetition of the wrong way of living.”

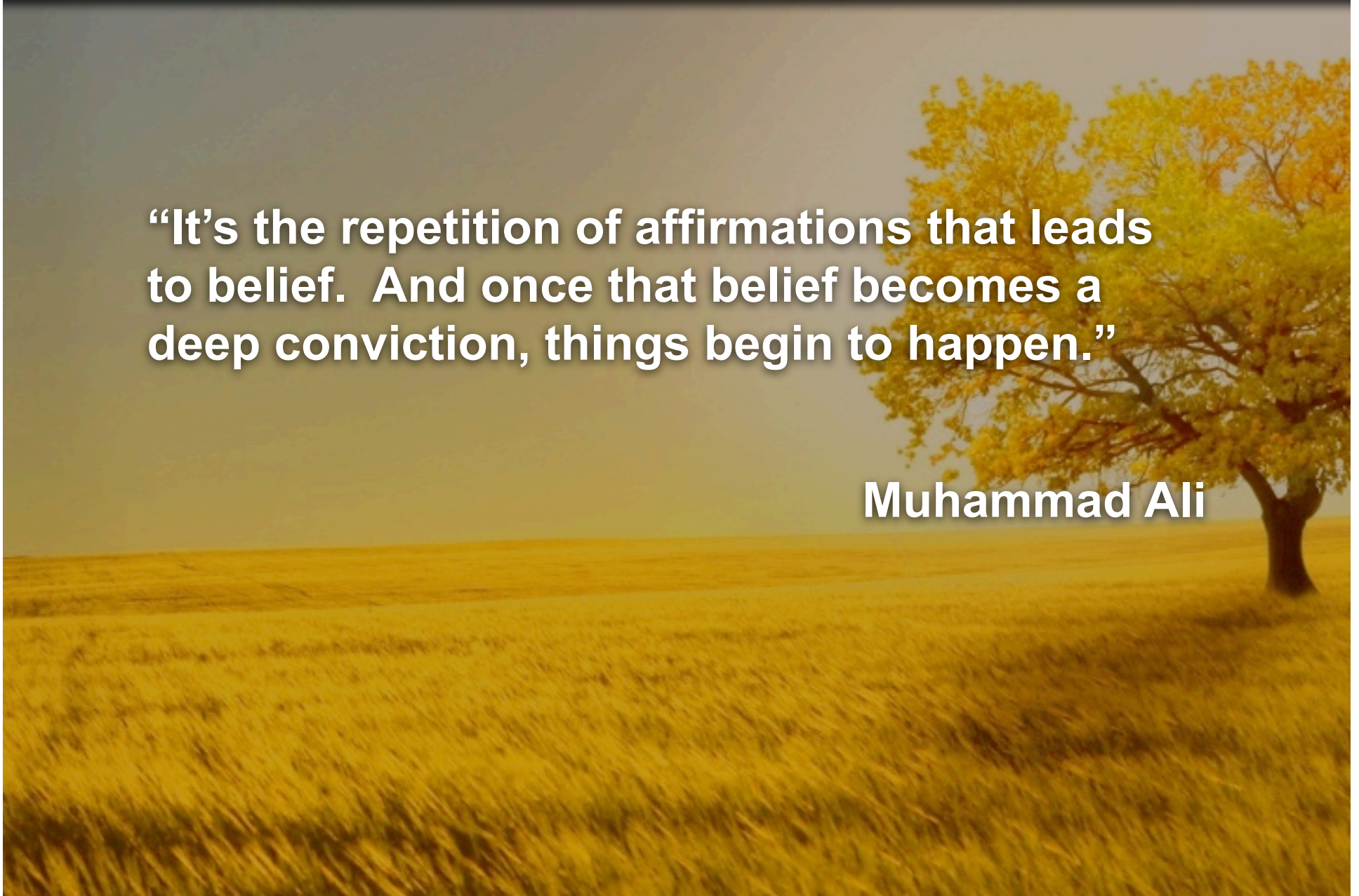
Lawrence Durrell



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“It’s the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen.”


Muhammad Ali



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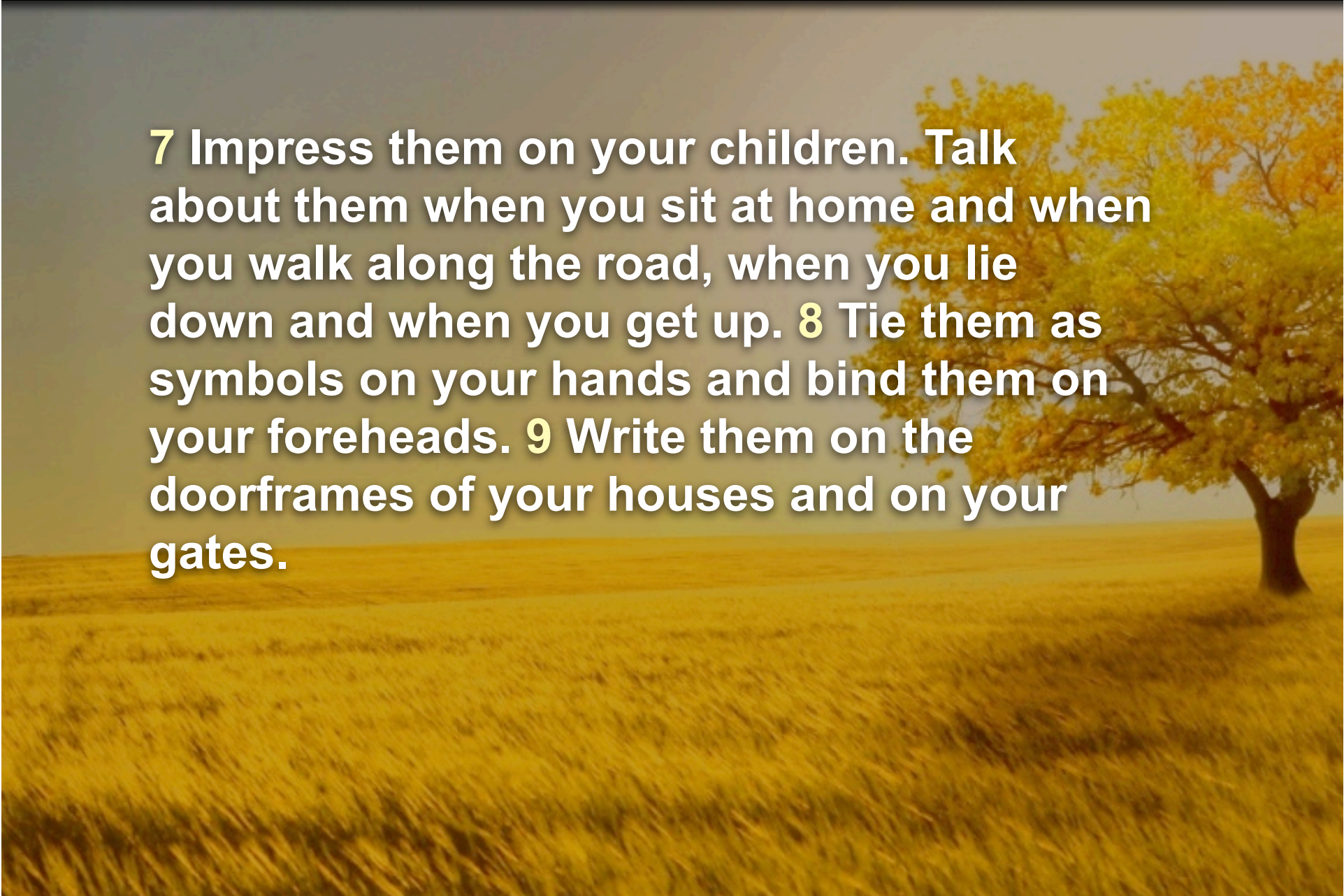
Deuteronomy 6:4-9 (NIV)

4 Hear, O Israel: The LORD our God, the LORD is one. **5** Love the LORD your God with all your heart and with all your soul and with all your strength. **6** These commandments that I give you today are to be upon your hearts.



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7 Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. **8** Tie them as symbols on your hands and bind them on your foreheads. **9** Write them on the doorframes of your houses and on your gates.

A golden field with a tree. The image shows a vast field of golden wheat or grain, with a single large tree on the right side. The sky is a pale, hazy yellow, suggesting a bright, sunny day. The overall color palette is warm and golden.

The Year of Abundant Living

The Nine Rs

1) Review

Make a searching and fearless moral inventory of yourself.

- Absolute Honestly
- Absolute Purity
- Absolute Love
- Absolute Unselfishness



The Year of Abundant Living

The Nine Rs

2) Reverse

Don't confess other people's sins;
confess your own.



The Year of Abundant Living

The Nine Rs

3) Return To God

“The Parable of the Superstar Father”

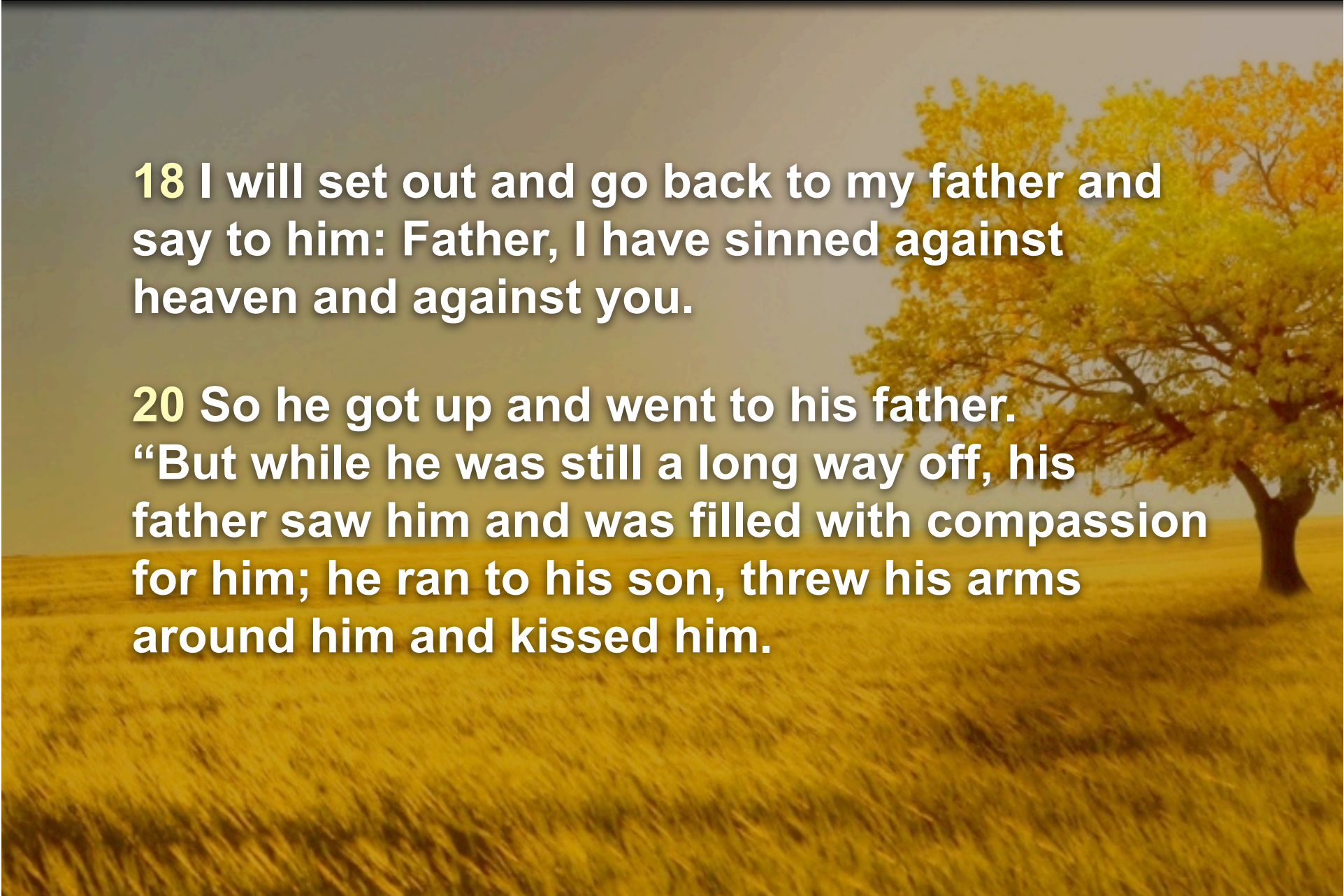
Luke 15:17-18, 20

**17 “When he came to his senses, he said,
‘How many of my father’s hired men have
food to spare, and here I am starving to
death!**

The Year of Abundant Living

18 I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you.

20 So he got up and went to his father. “But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.

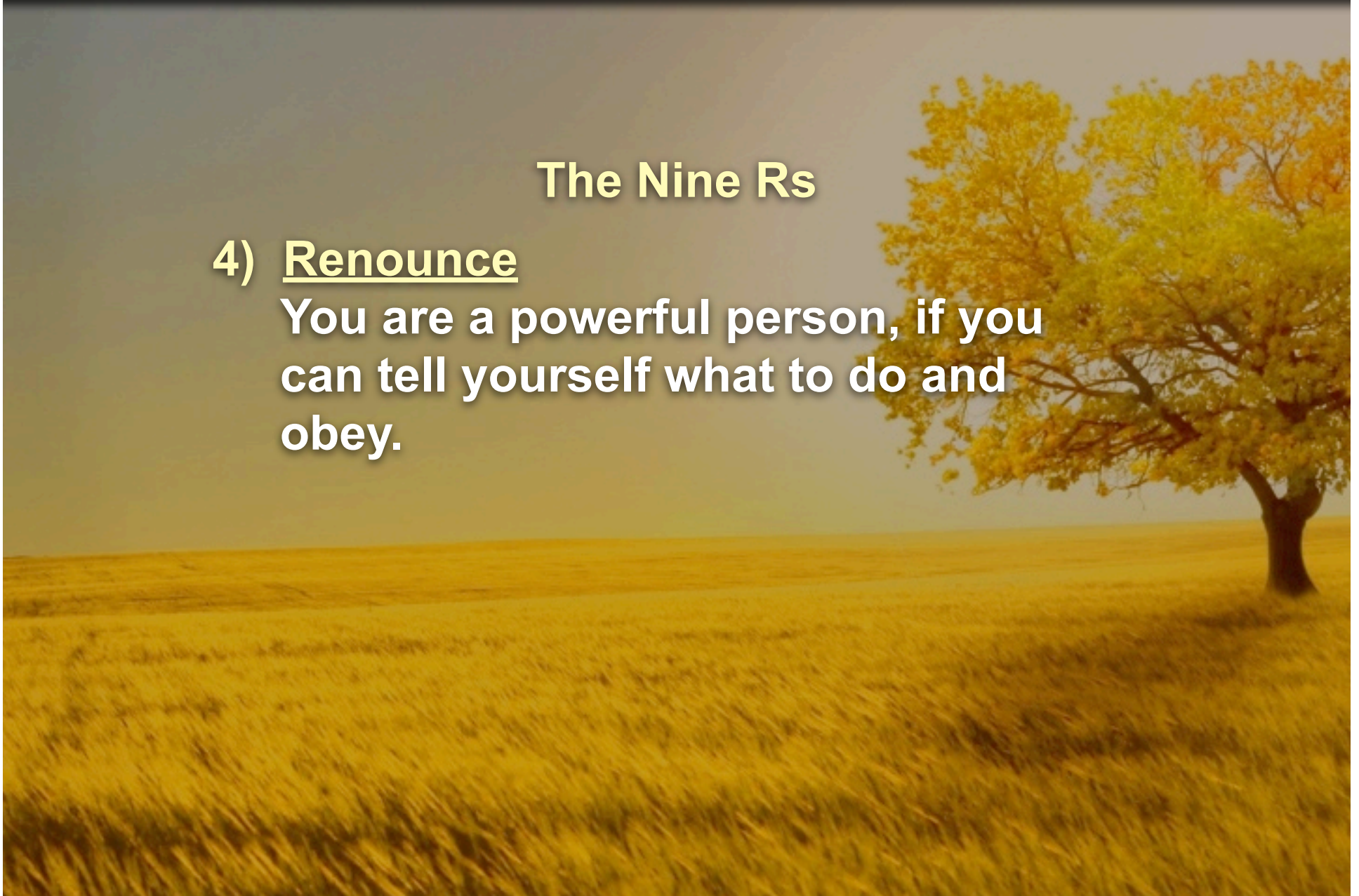
A large, mature tree with vibrant yellow leaves stands in a field of tall, golden grass. The background is a soft, hazy sky, suggesting a late autumn or early winter setting. The overall mood is peaceful and contemplative.

The Year of Abundant Living

The Nine Rs

4) Renounce

You are a powerful person, if you can tell yourself what to do and obey.



The Year of Abundant Living

The Nine Rs

5) Restore

I'm Sorry vs. Making Amends



The Year of Abundant Living

The Nine Rs

6) Receive

Trust that God is at least as good as you are.



The Year of Abundant Living

The Nine Rs

7) Relate

Jesus desires a connection, not a code of conduct.

The Golden Rule

Matthew 7:12

So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.

The Year of Abundant Living

The Golden Rule +



The Year of Abundant Living

**Christians are called on to
take relationships to eleven.**

Philippians 2:5

**Your attitude should be the same
as that of Christ Jesus.**



The Year of Abundant Living

The Nine Rs

8) Replenish

- Quiet hour
- Pictures and reminders
- Stop wasting your commute
- Use your imagination
- Read, pray, serve



The Year of Abundant Living

The Nine Rs

9) Release

You are released from and released to.



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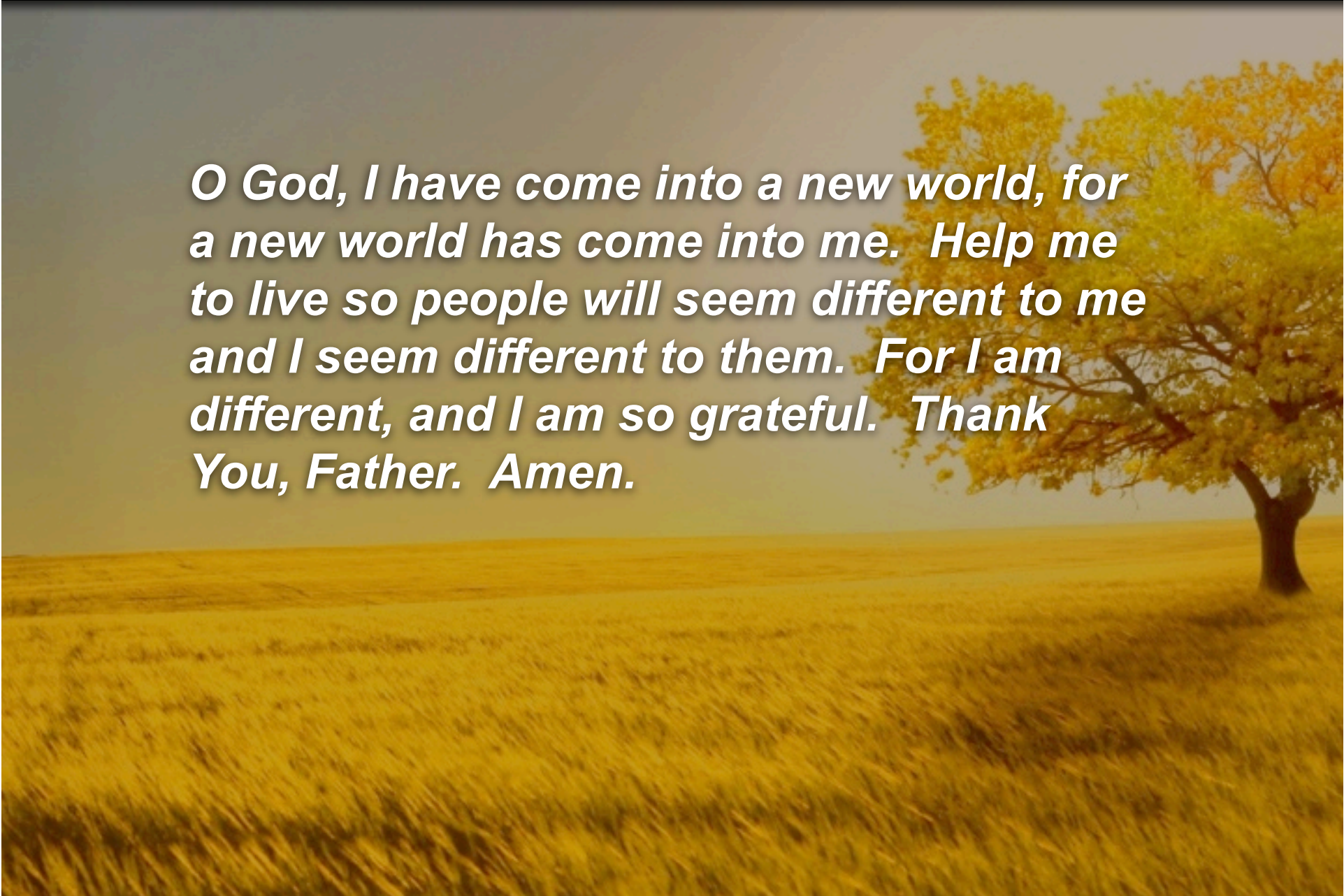
A couple of expectations of the Abundant Life:

- **It is a process.**
 - ▶ **Gestation**
 - ▶ **Birth**
 - ▶ **Growth**
 - ▶ **Flowering**
- **You should occasionally feel like you swallowed sunshine.**

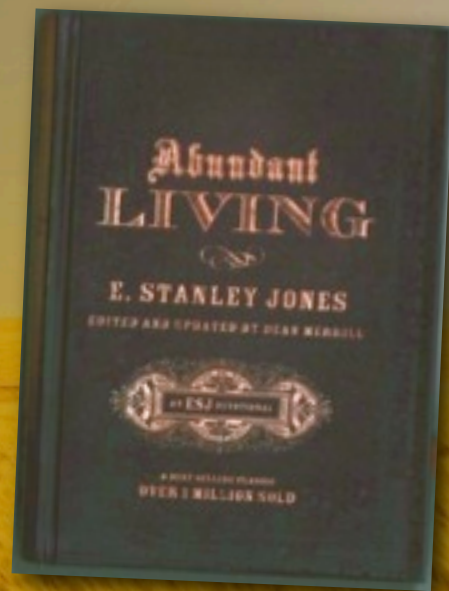


The Year of Abundant Living

O God, I have come into a new world, for a new world has come into me. Help me to live so people will seem different to me and I seem different to them. For I am different, and I am so grateful. Thank You, Father. Amen.

A large, mature tree with vibrant yellow leaves stands on the right side of a vast field of golden wheat. The field stretches to the horizon under a soft, hazy sky. The overall scene is bathed in warm, golden light, suggesting a late autumn or early winter setting.

The Year of Abundant Living



How To Swallow Sunshine