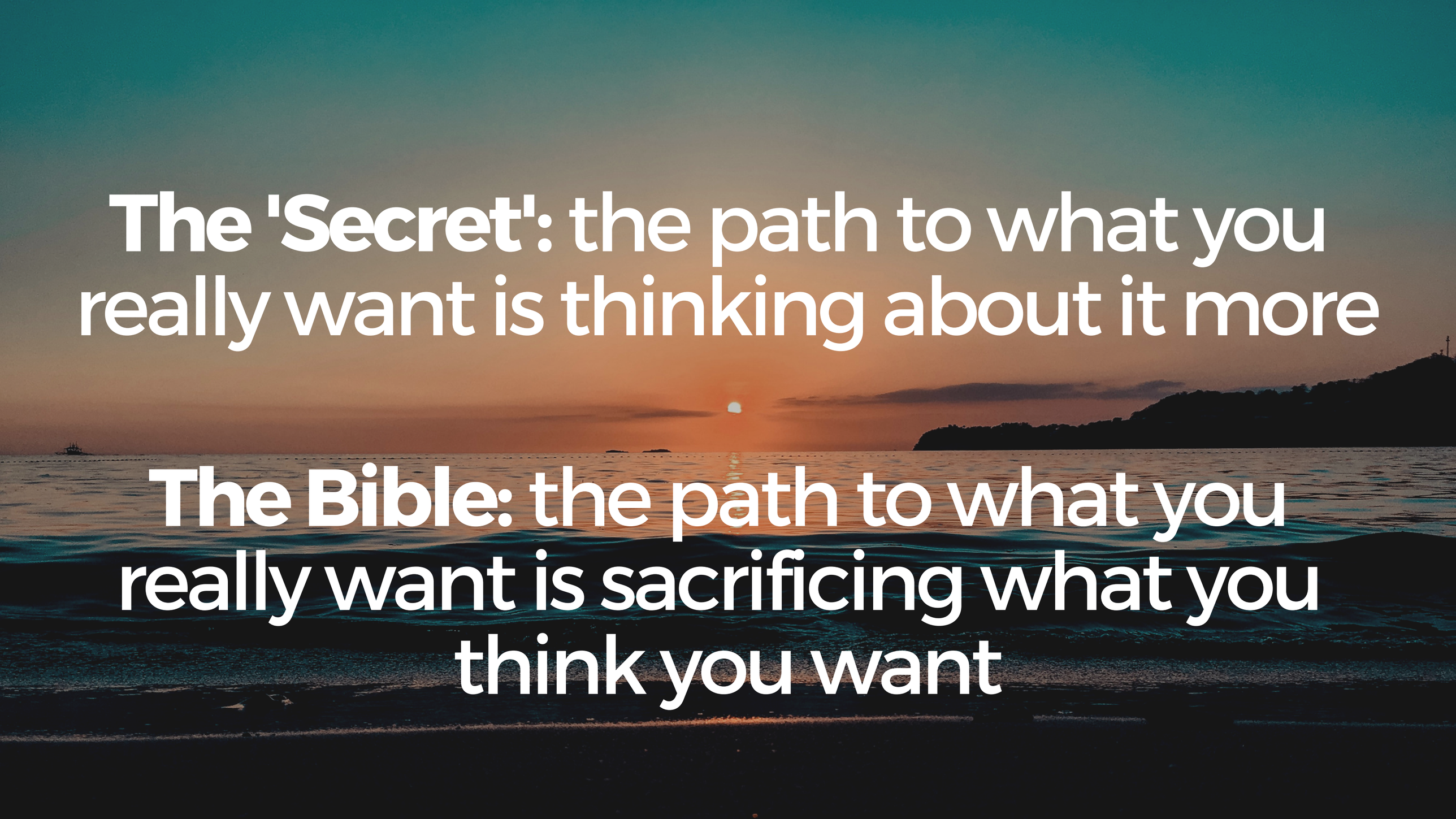
THE
Abundant
LIFE
Seven Habits of Spiritual Health

the Secret
TM

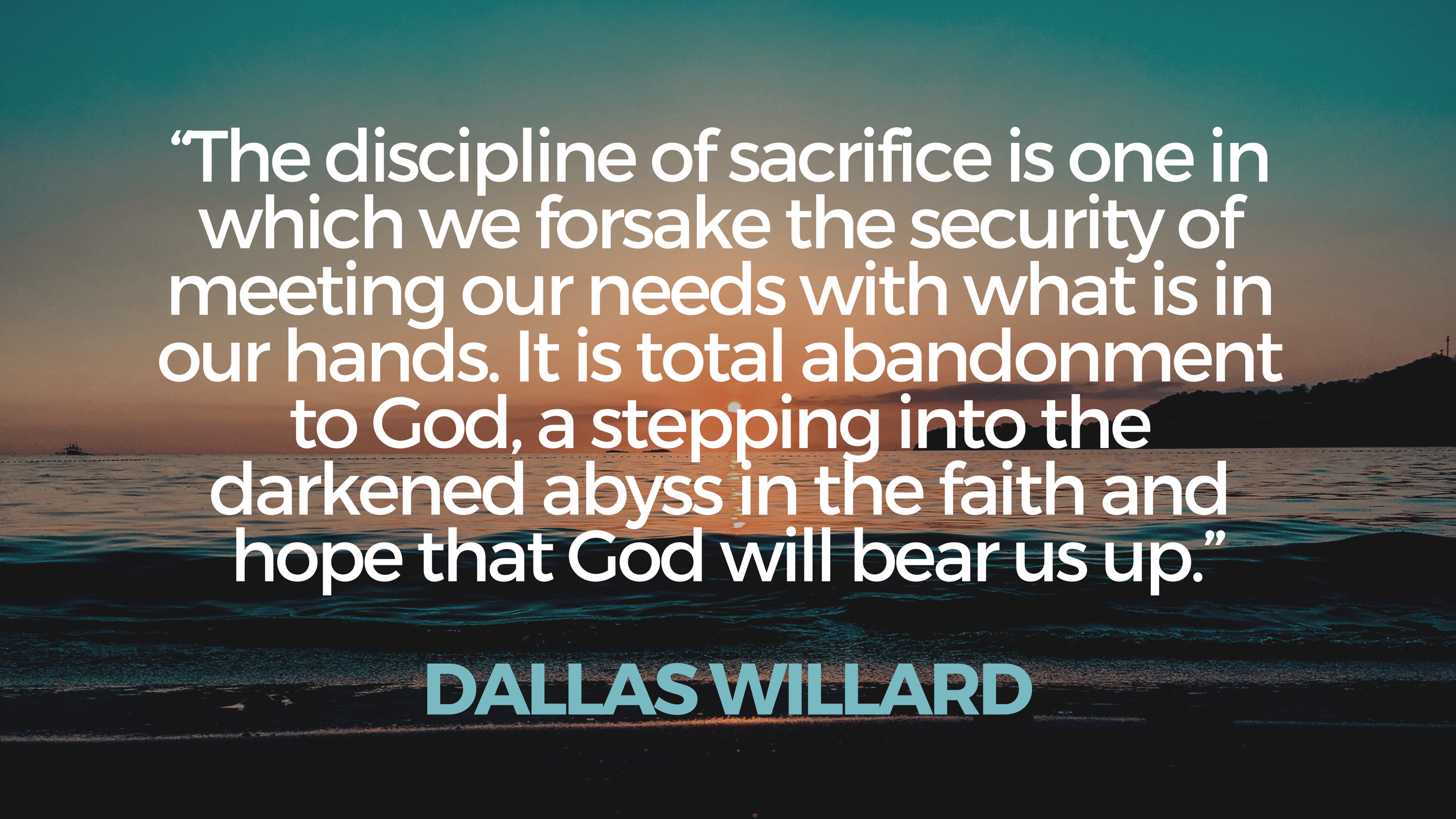

The 'Secret': the path to what you really want is thinking about it more
The Bible: the path to what you really want is sacrificing what you think you want

Then he said to them all: “Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will save it. What good is it for someone to gain the whole world, and yet lose or forfeit their very self?

LUKE 9:23-25

Seven Habits of Spiritual Health

1. Solitude
2. Smiling
3. Sorry
4. **Sacrifice**
5. Slowing
6. Scripture
7. Serving


“The discipline of sacrifice is one in which we forsake the security of meeting our needs with what is in our hands. It is total abandonment to God, a stepping into the darkened abyss in the faith and hope that God will bear us up.”
DALLAS WILLARD

the discipline of
SACRIFICE
(FOR GOD)

SACRIFICE
IS TRUST IN ACTION

Five reasons sacrifice is worth it

BECAUSE SACRIFICE...

1. Gets you rewards

Five reasons sacrifice is worth it

BECAUSE SACRIFICE:

1. Gets you rewards

And if anyone gives even a cup of cold water to one of these little ones who is my disciple, truly I tell you, that person will certainly not lose their reward.

- Matthew 10:42

Five reasons sacrifice is worth it
BECAUSE SACRIFICE...
1. Gets you rewards
2. Speeds up your growth

Five reasons sacrifice is worth it

BECAUSE SACRIFICE...

1. Gets you rewards

2. Speeds up your growth

3. Pleases God

And do not forget to do good and to share with others, for with such sacrifices God is pleased. HEBREWS 13:16

Five reasons sacrifice is worth it

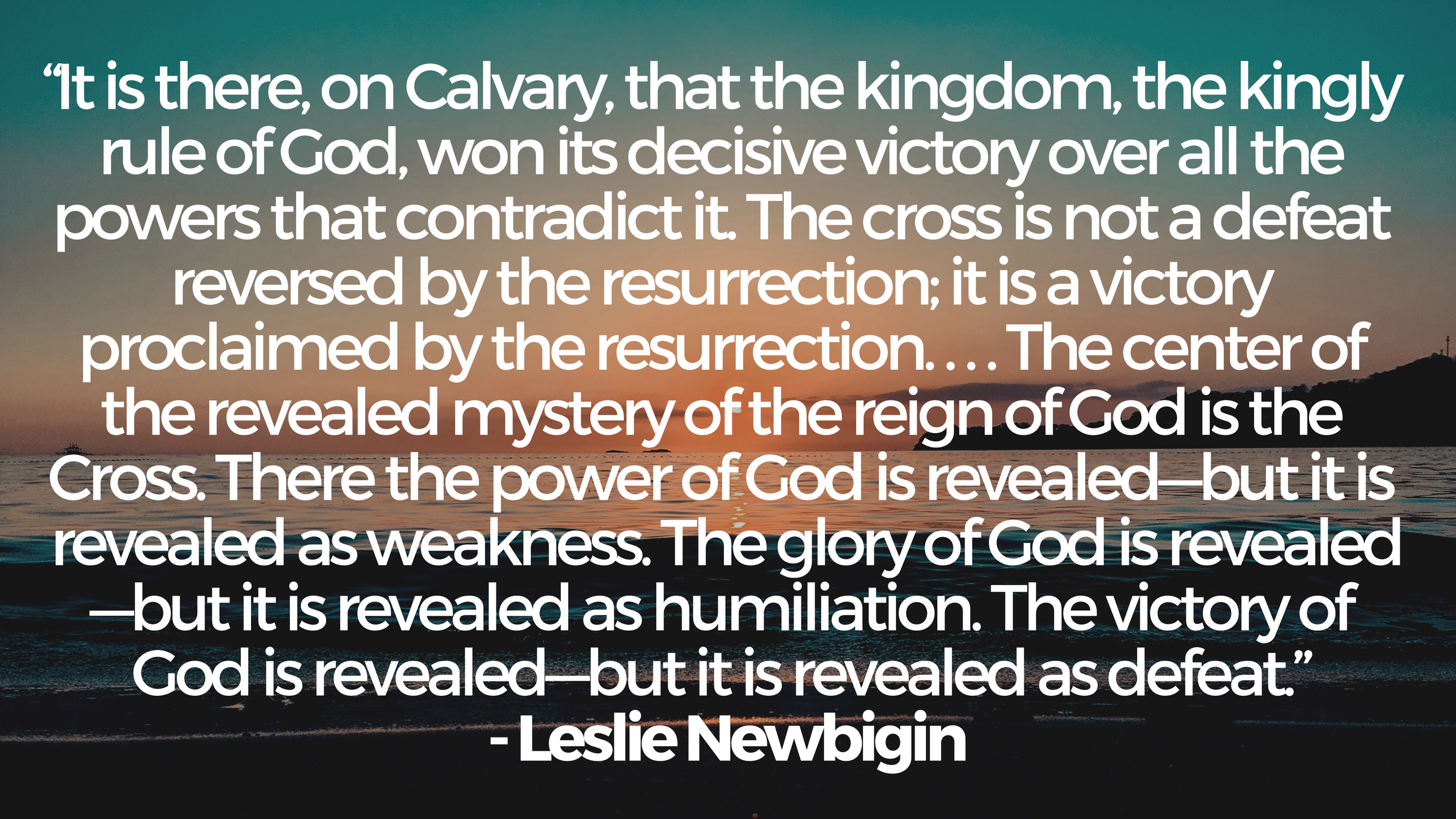
BECAUSE SACRIFICE...

1. Gets you rewards
2. Speeds up your growth
3. Pleases God
4. Defeats occupying forces

Five reasons sacrifice is worth it

BECAUSE SACRIFICE...

1. Gets you rewards
2. Speeds up your growth
3. Pleases God
4. Defeats occupying forces
5. Is what Jesus did for you


“It is there, on Calvary, that the kingdom, the kingly rule of God, won its decisive victory over all the powers that contradict it. The cross is not a defeat reversed by the resurrection; it is a victory proclaimed by the resurrection. . . . The center of the revealed mystery of the reign of God is the Cross. There the power of God is revealed—but it is revealed as weakness. The glory of God is revealed—but it is revealed as humiliation. The victory of God is revealed—but it is revealed as defeat.”
- Leslie Newbigin

The
90-DAY TRUST
CHALLENGE
give away 10% of
everything you earn to God.