

Living the Lifestyle of Blessing”

Text: 1 Chronicles 4:9–10 (NIV)

“Jabez was more honorable than his brothers. His mother had named him Jabez, saying, ‘I gave birth to him in pain.’ Jabez cried out to the God of Israel, ‘Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain.’ And God granted his request.”

Introduction

In only two verses, God gives us a blueprint for living a **lifestyle of blessing**. Jabez shows us that your beginning doesn’t limit your blessing, your background doesn’t block your destiny, and your pain doesn’t prohibit your purpose.

Let’s explore five powerful truths—and see real-life illustrations and scripture to strengthen each point.

1. Pain Doesn’t Have to Define Our Lives

Jabez’s name meant *pain*, yet he refused to let it define him.

Cross-References:

- **Genesis 50:20** — *“You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.”*
- **Isaiah 61:3** — *“And provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair.”*
- **Psalm 34:18** — *“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”*
- **2 Corinthians 5:17** — *“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”*

Point: Pain may be part of your past, but it doesn’t have to define your future.

2. Seeking the Blessing That Only God Has

Jabez didn't chase people, positions, or possessions. He prayed, "*Bless me indeed.*"

Cross-References:

- **Proverbs 10:22** — "*The blessing of the Lord brings wealth, without painful toil for it.*"
- **James 1:17** — "*Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.*"
- **Ephesians 1:3** — "*Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.*"
- **Psalm 16:2** — "*I say to the Lord, 'You are my Lord; apart from you I have no good thing.'*"

Point: True blessing comes only from God, not from people, positions, or possessions.

3. Leave Your Blessing Up to God

Jabez prayed boldly, but he trusted God with the details.

Cross-References:

- **Proverbs 3:5–6** — "*Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.*"
- **Jeremiah 29:11** — "*'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.'*"
- **Ephesians 3:20** — "*Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us.*"
- **Psalm 37:4–5** — "*Take delight in the Lord, and he will give you the desires of your heart. Commit your way to the Lord; trust in him and he will do this.*"

Point: Trust God to determine how, when, and where your blessing unfolds.

4. Blessing Expands Our Territory and Shifts Our Comfortability

Blessing stretches us before it increases us.

Cross-References:

- **Isaiah 54:2–3** — *“Enlarge the place of your tent, stretch your tent curtains wide, do not hold back; lengthen your cords, strengthen your stakes. For you will spread out to the right and to the left; your descendants will dispossess nations and settle in their desolate cities.”*
- **Luke 16:10** — *“Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much.”*
- **Joshua 1:3** — *“I will give you every place where you set your foot, as I promised Moses.”*
- **2 Corinthians 9:10** — *“Now he who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness.”*

Point: Blessing often comes with a stretch—God enlarges your life to prepare you for more.

5. Don't Let Blessing Be Your Undoing

Jabez asked God to protect him from evil so his blessing wouldn't harm him.

Cross-References:

- **Deuteronomy 8:10–14** — *“When you have eaten and are satisfied, praise the Lord your God for the good land he has given you. Be careful that you do not forget the Lord... or you may eat and be satisfied, and build good houses and dwell in them, and your heart becomes proud and you forget the Lord your God who brought you out of Egypt.”*
- **Psalm 121:7** — *“The Lord will keep you from all harm—he will watch over your life.”*
- **1 Corinthians 10:12** — *“So, if you think you are standing firm, be careful that you don't fall!”*
- **John 15:5** — *“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”*

Point: Blessing without God's protection and guidance can become a trap. Stay humble, prayerful, and dependent.

Conclusion

Jabez prayed a simple prayer—and God granted it.

- **Pain didn't define him**
- **He sought the blessing only God gives**
- **He left the blessing up to God**
- **He embraced expansion and discomfort**
- **He protected his heart and integrity**

When we adopt this posture, we live a **lifestyle of blessing**, not just a moment of favor.