The Overflow

3 DAY DEVOTIONAL JOURNAL

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Day 1

What's in my cup?

Did you know that what's in your cup is for you? Many times we have heard that you can't pour from an empty cup, but it should say that you can't give without overflow. That is why its so important that you find what nurtures you until your cup is full.

When you have too much on your plate, its ok that someone takes a bite. When you have too much clothes, there is no hurt donating them to the church. When your bills are paid accounts are still good, you don't second guess giving the extra 10 to someone who needs it.

The overflow is for them and the cup is for you. Take time to write down what fills your cup.

- **James 1:1:2-4**
- **2 Kings 4**
- **Matthew 14:17**

Day 2

What areas do I have Overflow in?

Now that you have identified whats in your cup, its time to take inventory of your overflow. What areas do you have an abundance in? How have you maintained this?

Sometimes we neglect areas that are seemingly "good" and it starts to deteriorate over time. The area where we used to freely give is now not enough for yourself. Remember to continue building in those areas as well and to give from your overflow

- **Psalm 23:5**
- **Luke 6:45**
- **John 10:10**
- **John 14:27**

Day 3

There Will Be More

Unlike the physical things we have, when we walk in purpose there is no lack and no shortage of abundance. God will not use you up just to have you in lack in any area that you need. He wants to give you the tools and then kicks in the desires of your heart. This does not mean that we will not have some work at things on our own, but that when we are weak, when there is a need, that is when He shows strength and needs met.

You don't have to worry about running out when you are in line with what God wants for you. There will be more.

- **Psalm 23:6**
- **Jeremiah 29:11**
- **Philippians 1:6**
- **Matthew 14:20-21**

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Scripture Readings

Woman with oil- 2Kings:4

Jesus Feeds 5000- Matthew 14:13-21

Joseph tells his brothers who he is- Genesis 45:1-20