

**The Overflowing Life: Making Room for More**  
**02/02/2025 - Andy Deane**

We can't have everything, so we have to learn to say "no" to lesser things so that we can say "yes" to the greater things.

**Fasting: Say no to overindulgent cravings so you can say yes to spiritual discipline and closeness to God.**

1. Fasting weakens the flesh and strengthens the spirit.  
*"Then he said to them all: 'Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.'"*  
— [Luke 9:23](#)
2. Fasting can lead to spiritual breakthroughs.  
*"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood?"*  
— [Isaiah 58:6-7](#)
3. Fasting privately can lead to intimacy with God.  
*"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."*  
— [Matthew 6:16-18](#)

**APPLICATION:** Schedule a fast this week and replace your meals with times of Bible reading and prayer.

(Consult a doctor if you are diabetic or have other reasons, like an eating disorder, for why fasting may be unhealthy)

**Budgeting: Say no to impulsive spending so you can say yes to biblical generosity and purposeful living.**

1. A budget can make overflow possible.  
*"The plans of the diligent lead to profit as surely as haste leads to poverty."*  
— [Proverbs 21:5](#)
2. A budget can help make dreams a reality.  
*"Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it? For if you lay the foundation and are not able to finish it, everyone who sees it will ridicule you, saying, 'This person began to build and wasn't able to finish.'"*  
— [Luke 14:28-30](#)
3. A budget can reveal God is providing.  
*"And my God will meet all your needs according to the riches of his glory in Christ Jesus."*  
— [Philippians 4:19](#)

**APPLICATION:** Create a monthly budget with a weekly review meeting. Text "ramsey" to (951)425-4425 for a tool!

**Screen Limits: Say no to endless distractions so you can say yes to meaningful connections and eternal priorities.**

1. Screen limits recognize that life is short.  
*"Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil."*  
— [Ephesians 5:15-16](#)

*"Teach us to number our days, that we may gain a heart of wisdom."*

— Psalm 90:12

2. Screen limits put more good in front of us.

*"Turn my eyes away from worthless things; preserve my life according to your word."*

— Psalm 119:37

*"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."*

— Philippians 4:8

3. Screen limits create space for God to speak.

*"He says, 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.'"*

— Psalm 46:10

APPLICATION: Enable “Screen Time” (Apple) or “Digital Wellbeing” (Android) to track your screen time this week. Then set your screen limits for your phone, social media and TV. Consider adding healthy screen time like RightNow Media. Parents, discuss if the four recommendations from the book, *The Anxious Generation* by Jonathan Haidt, would help your kids (then prepare for pushback 😊 😊).