DAILY DEVOTIONAL

A 5-Day Reflection Guide



TOPIC:

LIVING IN THE OVERFLOW

DATES:

NOVEMBER 30–DECEMBER 4, 2026

This Week's Big Idea

God never intended for us to live spiritually depleted, constantly operating from a place of deficit. As we learn to trust Him, draw near to Him, and align our lives with His Word, we position ourselves to live in the overflow. What God pours into us isn't meant to stop with us. **His desire is not simply to bless us, but to bless others through us.**

Day 1: Establish Your Source



TODAYS SCRIPTURE

Romans 15:13 (NLT) "I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit."

TODAY'S SEED

Christmas is coming! Now, before you start thinking about all the things that you have to do or things that could go wrong, let me clarify something. I can't control everything that happens, but I can control how I respond to what happens to me. And much of how I respond will be determined by where I've established my source. Notice how Paul begins his prayer in Romans 15:13. Before he talks about joy, peace, or overflowing with hope, he establishes something foundational.

God is the source. That sounds simple enough, but there's a difference between acknowledging that God is the source and establishing Him as your source. Where do you look for peace when life gets complicated? Where do you turn for wisdom when you're facing a difficult decision? What determines whether or not you're going to have joy today? Too often, we've allowed our circumstances to become our source. When things are going well, we're happy. When they're not, our joy seems to disappear.

But here's an important distinction. **Happiness is a reaction to something great. Joy is the product of someone great.** Joy is the pleasure that comes from knowing who Jesus is rather than what's happening around us. That doesn't mean we'll never experience disappointment, sorrow, or frustration. It means those things don't have to determine what flows out of our lives. God is both consistent and constant. His character doesn't change when our circumstances do. Notice the progression in Paul's prayer: God is the source, trust is the prerequisite, filling comes before overflowing and the Holy Spirit is the power that produces the overflow.

It all begins with establishing your source. If your peace depends on everyone behaving properly, your joy depends on everything going according to plan, and your hope depends on favorable circumstances, you're drawing from an unreliable source. But when God becomes your source, you're connected to Someone whose supply isn't determined by what's happening around you. **The circumstances of your life may change, but the source of your life doesn't have to.**

BENEATH THE SURFACE

The Greek word translated as hope in Romans 15:13 is elpis. It carries the idea of expectation. Biblical hope isn't merely wishing that something good might happen; it's a confident expectation grounded in God's character and promises.

Paul describes God as the source of hope and the Holy Spirit as the power through which that hope overflows. Notice that joy and peace are connected to trusting God, not to having favorable circumstances. **Our confidence isn't rooted in our ability to predict what will happen next. It's rooted in knowing the One we're trusting with whatever happens next.**

DON'T MISS THIS

When God becomes your source, the circumstances around you no longer have to determine what flows out of your life.

TEND THE GARDEN

Spend a few quiet moments reflecting.

1. When life becomes difficult, where do you instinctively turn for peace, wisdom, comfort, or security?
2. Have you allowed your circumstances or the behavior of others to determine the level of joy and peace you experience?
3. In what specific area of your life do you need to move from acknowledging that God is the source to establishing Him as your source?

WATER THE SEED

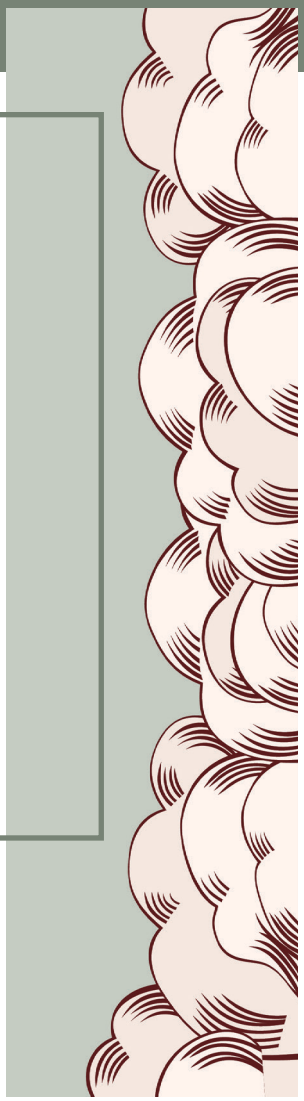
Today, identify one area of your life where you've been operating from a place of deficit. Maybe it's peace, patience, wisdom, energy, or even the willingness to forgive. Ask yourself: **Where have I been looking to have this need met?** Read Romans 15:13 slowly, emphasizing the words God, the source. Then personalize Paul's prayer by asking God to fill you with His joy and peace as you learn to trust Him. Throughout the day, whenever you feel frustration, anxiety, or discouragement rising, remind yourself that your circumstances are not your source. Make this your declaration today: **God is my source!**

GROW THIS IN ME

Father,

Thank You for being my source of hope, joy, and peace. Thank You that Your goodness and faithfulness are not determined by the circumstances of my life. Forgive me for the times I've looked to other people, possessions, accomplishments, or favorable circumstances to provide what ultimately comes from You. Help me recognize the areas of my life where I've established the wrong source. Teach me to trust You when things don't go according to my plans. Remind me that I don't have to allow the attitudes of others or the challenges I face to determine what flows out of my heart. Holy Spirit, help me respond differently when I'm tempted to react out of fear, frustration, anger, or disappointment. Fill me with Your joy and peace. Develop within me a confident expectation of Your goodness. I don't want to simply survive the challenges of life. I want to reflect Your character in the middle of them. And may what You pour into me become a blessing to those around me.

In Jesus' name, Amen.



YOU MAY NOT BE ABLE TO CONTROL EVERYTHING THAT HAPPENS AROUND YOU, BUT YOU CAN ESTABLISH THE SOURCE FROM WHICH YOU DRAW. **GOD IS CONSISTENT, CONSTANT, AND FAITHFUL.**

LOOKING AHEAD

Day Two – Filling Comes Before Overflowing

Imagine a pitcher continually pouring water. You can stand near it, watch it, and even talk about it without ever getting wet. Tomorrow, we'll discover why positioning and capacity matter, and why being around the flow isn't necessarily the same as being in the flow.

What if God wants to enlarge your cup because someone else is going to drink from your overflow?

Day 2: Filling Comes Before Overflowing



TODAYS SCRIPTURE

James 4:8a (NLT) "Come close to God, and God will come close to you."

TODAY'S SEED

Imagine I'm standing in front of you with a pitcher of water and several empty containers. As I begin pouring the water, there's something important to notice. A cup can be sitting right next to the stream of water and remain completely empty. It's close to the source, but it's not positioned to receive from the source. **Being around the flow isn't the same as being in the flow.** I wonder how often that describes our spiritual lives.

We attend church, listen to worship music, have a Bible app on our phones, and surround ourselves with Christian activities. Yet we still find ourselves running on empty. Perhaps the problem isn't the availability of God's supply but the positioning of our hearts. James tells us to draw near to God, and He will draw near to us. That's an invitation that requires a response. Now, let's take our illustration a little further. Imagine I place a small cup under that stream of water. It doesn't take long before it's full and overflowing. But what if I replace that cup with a much larger container? The source hasn't changed, but the capacity has.

Being full and overflowing is also a matter of capacity. Sometimes we're content with just enough of God to get us through the day. Enough peace to manage our problems. Enough patience to tolerate the people around us. Enough faith to meet our immediate needs. But what if God wants to enlarge our capacity? What if the overflow isn't just about us? Think about the people who are drinking from your cup every day. Your spouse, your children, your coworkers, your friends, and even the people who are difficult to love. What are they receiving from you?

God wants to fill you with more than enough love, joy, peace, and hope so that others can experience His goodness through you. But remember, **filling comes before overflowing.**

Make room for God. Draw near to Him. Allow Him to enlarge your heart. You may never know whose life will be impacted by what God pours into yours.

BENEATH THE SURFACE

In 2 Corinthians 6:11–13, Paul describes his heart as being wide open toward the Corinthians. He then encourages them to open their hearts as well. Paul's immediate concern is their relationship with him, but there's a principle here worth considering: the condition of our hearts affects our capacity to receive and give. A heart crowded with offense, fear, distractions, or selfishness leaves little room for growth. Drawing near to God involves more than proximity to spiritual activities. It involves opening our hearts to His Word, His presence, and His instruction. **God's supply is abundant. Let's not be content with a limited capacity.**

DON'T MISS THIS

What if God wants to enlarge your cup, not simply because you need more, but because someone else will drink from your overflow?

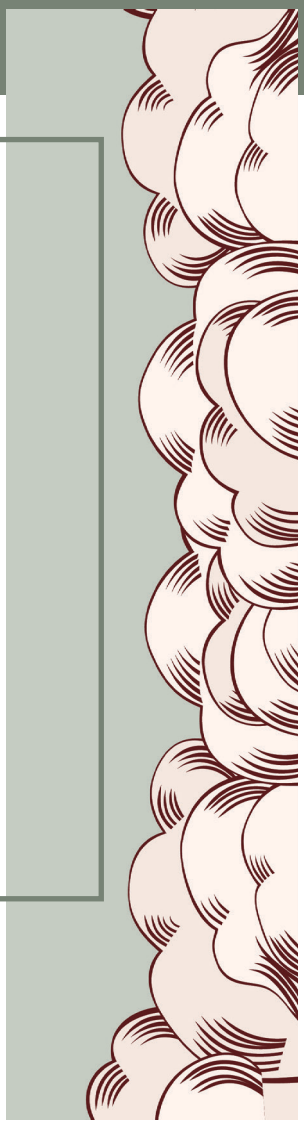
TEND THE GARDEN

Spend a few quiet moments reflecting.

1. Is there a difference between the amount of time you spend around Christian activities and the time you intentionally spend drawing near to God?
2. What attitudes, distractions, or priorities might be limiting your spiritual capacity?
3. Who is drinking from your cup, and what are they currently receiving from your overflow?

WATER THE SEED

Today, take a glass and fill it with water until it overflows. Let that simple illustration remind you of God's desire to fill your life. Then consider what's occupying the space in your heart. Is there an offense you need to release, a distraction you need to remove, or a priority you need to rearrange? Set aside fifteen uninterrupted minutes to draw near to God. Read Romans 15:13 and James 4:8. Spend time talking with Him, but also make room to listen. Ask the Holy Spirit to show you where your capacity needs to grow. **Don't simply ask God to fill your cup. Ask Him to enlarge it.**



GROW THIS IN ME

Father,

Thank You that Your supply is abundant and that Your presence is available to me. Thank You for inviting me to draw near to You. Forgive me for the times I've confused being around spiritual things with spending meaningful time in Your presence. Show me the things that are occupying space in my heart that should belong to You. Help me release the distractions, offenses, fears, and attitudes that hinder my spiritual growth. Enlarge my heart and increase my capacity to receive Your love, wisdom, joy, and peace. I don't want to be satisfied with just enough to get through another day. I want to grow in my relationship with You and become more effective in reflecting Your goodness. Remind me that the people around me are affected by what flows out of my life. May my family, friends, coworkers, and everyone I encounter experience something of Your character through me. Holy Spirit, help me live from a place of fullness rather than constantly operating from a place of deficit. **Fill me, enlarge me, and let Your goodness flow through me.**

In Jesus' name, Amen.

DON'T SETTLE FOR STANDING NEAR THE SOURCE WHEN YOU'VE BEEN INVITED TO DRAW NEAR TO GOD HIMSELF. **MAKE ROOM FOR HIS PRESENCE AND ALLOW HIM TO ENLARGE YOUR HEART.**

LOOKING AHEAD

Day Three:– Access Isn't Possession

Imagine being thirsty while holding an unopened bottle of water. Everything you need is available to you, yet you're still thirsty. Tomorrow, we'll discover the difference between having access to God's promises and actually experiencing their benefits. **Just because God has made something available doesn't mean we're taking advantage of what's available to us.**

Day 3 :
Access Isn't Possession



TODAYS SCRIPTURE

2 Peter 1:3 (NLT) "By his divine power, God has given us everything we need for living a godly life."

TODAY'S SEED

Imagine you're sitting across from me, and I begin coughing. Recognizing that I need a drink, you hand me a bottle of water. I thank you, set it beside me, and continue coughing. Eventually, you bring me an entire case of water. Now I have twenty-four bottles sitting beside me, and I'm still coughing. What's the problem? I don't need more water. I need to drink what's already available to me! **Access doesn't mean possession.**

I wonder how often we approach our relationship with God the same way. We have access to His wisdom, His peace, His love, and the power of the Holy Spirit. Yet we continue to ask God for things He's already made available to us. Peter tells us that God has given us everything we need for living a godly life. Notice the language. He's not simply talking about something God might do someday. He's talking about something God has already provided. Consider wisdom.

In Proverbs 8, wisdom is pictured as standing in public places, crying out, inviting people to listen. Wisdom isn't hiding from us! But notice where the blessing is found. It's found in listening to wisdom and following its instruction. **The blessing isn't simply in hearing God's Word. It's in doing what we've heard.** Perhaps we're asking God for direction when He's already given us an instruction we haven't followed. We're asking for peace while holding on to an offense He's been encouraging us to release. We're asking for stronger relationships while resisting His instruction to love and forgive. Sometimes we don't need another sermon, another revelation, or another instruction. **We need to walk in faith on the instruction He's already given us.**

And that brings us back to Romans 15:13. The overflow begins with trust. Trust isn't simply believing that God exists or agreeing that His Word is true. It's believing that His way is better than ours and being willing to act accordingly. God has made His wisdom and promises available to you. The question is, what are you doing with what's already available? It's time to open the bottle!

BENEATH THE SURFACE

In 2 Peter 1:3–4, Peter connects God's provision for godly living with knowing Him and receiving His precious promises. Proverbs 8 reveals a similar principle. Wisdom is readily available, but the blessing belongs to those who listen and follow its instruction. James 1:22 warns us against merely hearing God's Word without doing what it says. These passages reveal the relationship between knowledge, faith, and obedience. **Knowledge informs us. Faith moves us. Obedience puts what we believe into practice.** God's provision is an invitation to participate, not an excuse to remain passive.

DON'T MISS THIS

Sometimes the next step toward living in the overflow isn't receiving something new from God. It's acting on what He's already given you.

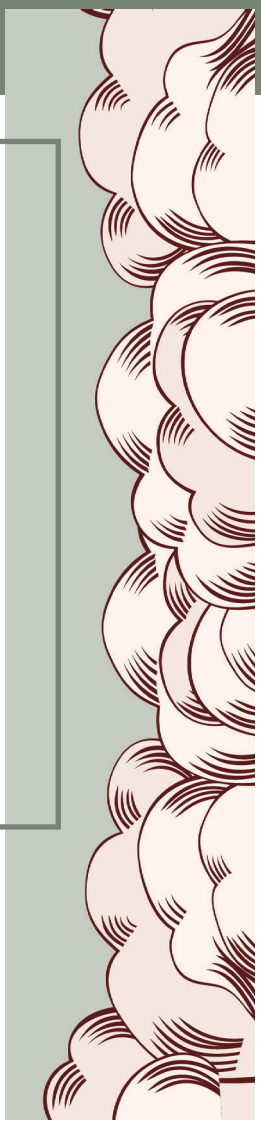
TEND THE GARDEN

Spend a few quiet moments reflecting.

1. What has God already made available to you through His Word that you're not fully taking advantage of?
2. Is there an instruction from God you've been resisting while asking Him for further direction?
3. What does your willingness to obey God's Word reveal about the degree to which you trust Him?

WATER THE SEED

Today, resist the temptation to look for something new from God before considering what He's already shown you. Read Proverbs 8:32–35 and James 1:22–25. Ask the Holy Spirit to bring to your attention one instruction from God's Word that you've been neglecting. Perhaps it involves forgiveness, generosity, prayer, integrity, or serving someone else. Write it down. Then identify one practical step you can take today to put that instruction into practice. Don't wait until you feel like doing it or until you understand every possible outcome. **Let your obedience become an expression of your trust in God.**



GROW THIS IN ME

Father,

Thank You for everything You've made available to me through Jesus Christ. Thank You for Your wisdom, Your promises, and the presence and power of the Holy Spirit. Forgive me for the times I've asked You for more while neglecting what You've already given me. Help me recognize the difference between knowing Your Word and living according to it. Show me the areas of my life where I've allowed excuses, fear, convenience, or my own understanding to keep me from obeying You. Give me the courage to act on what You've spoken, even when Your instructions challenge my preferences or require me to step outside my comfort zone. Remind me that Your instructions are not designed to diminish my life but to help me experience the life You've intended for me. I want my obedience to be an expression of my confidence in Your character. Holy Spirit, help me become a doer of the Word and not merely a hearer. **Teach me to trust You enough to do what You say.**

In Jesus' name, Amen.

DON'T CONFUSE KNOWING GOD'S PROMISES WITH WALKING IN THEM. TAKE WHAT HE'S ALREADY REVEALED TO YOU AND PUT IT INTO PRACTICE. **LET YOUR OBEDIENCE DEMONSTRATE YOUR TRUST.**

LOOKING AHEAD

Day Four – There's an Order to the Overflow

Have you ever resisted doing something God instructed you to do because you felt it would cost you too much? Perhaps you thought you didn't have enough time, energy, money, or even love to give away. Tomorrow, we'll challenge that scarcity mentality and discover why aligning our priorities with God's priorities is so important to living in the overflow. **God's way isn't designed to diminish your life. It's designed to give you life.**

Day 4: There's an Order to the Overflow



TODAYS SCRIPTURE

Matthew 6:33 (NLT) "Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."

TODAY'S SEED

Have you ever wondered why we sometimes struggle to do the very things God tells us will bring blessing into our lives? We know we should forgive, but we hold on to the offense. We know we should be generous, but we're concerned about having enough. We know we should spend time with God, but there are so many other things demanding our attention. I believe much of our resistance comes from a scarcity mentality. We think that if we give something away, we'll have less. Whether it's our time, treasure, or talent, we're concerned about what obedience might cost us.

But the Kingdom of God operates differently. Think about a farmer holding a handful of seed. From a scarcity perspective, planting that seed means losing something. But the farmer understands that what leaves his hand has the potential to produce a harvest. **The farmer doesn't see planting as losing. He sees it as investing.** That's where trust comes in.

In Matthew 6, Jesus addresses people's concerns about having enough. His response is to remind them that their heavenly Father knows what they need and to encourage them to put God's Kingdom first. There's an order to the overflow. God first. Then, from that relationship, we learn to properly steward our spiritual, emotional, and physical health, our marriages, our families, our work, and our other responsibilities. That doesn't mean every day will be perfectly balanced. Life is lived in seasons, and sometimes circumstances demand more of us in one area than another.

We're pursuing progress, not perfection. But when something consistently occupies a place in our lives that God should occupy, it's time to make an adjustment. God's instructions aren't designed to diminish your life. They're designed to help you navigate a fallen world and experience the life He desires for you. Obedience is simply our way of saying, "God, Your way is better than mine. I trust You." Perhaps the next step toward living in the overflow isn't asking God to do more. Perhaps it's bringing something in your life back into order.

BENEATH THE SURFACE

In Matthew 6:25–34, Jesus addresses worry about life's necessities. His instruction to seek God's Kingdom first comes within the context of the Father's knowledge of our needs and His care for us.

In Mark 4:26–29, Jesus describes the Kingdom through the illustration of a farmer planting seed. The farmer participates in the process without fully understanding how the seed grows.

Both passages invite us to trust God beyond what we can presently see or understand.

Our responsibility is to establish the right priorities, sow the seed, and trust God with the process.

DON'T MISS THIS

You'll never make up by sacrifice what you would have gained by simple obedience. God's way really is better than ours.

TEND THE GARDEN

Spend a few quiet moments reflecting.

1. Where has a scarcity mentality caused you to resist God's instructions because you're concerned about what obedience might cost you?
2. Looking honestly at your priorities, is there an area of your life that's consistently out of order?
3. What would change in your daily decisions if you genuinely believed that God's instructions were designed to help you rather than diminish your life?

WATER THE SEED

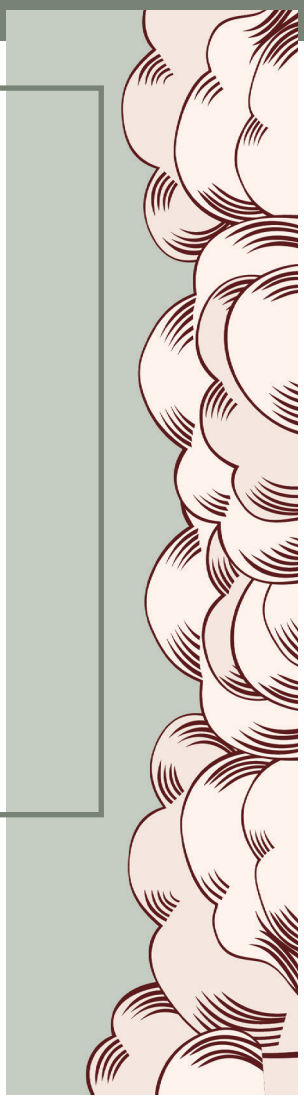
Today, take an honest inventory of your priorities. Consider your relationship with God, your personal health, your marriage and family, your work, your church, and your other commitments. Where are you investing most of your time, energy, and resources? Does that reflect what you say is most important? Ask the Holy Spirit to identify one area that needs to be brought back into order. Then make one practical adjustment today. Don't try to rearrange your entire life overnight. Remember, we're pursuing progress, not perfection. **Let one intentional act of obedience become a seed for future growth.**

GROW THIS IN ME

Father,

Thank You for loving me enough to give me instructions for living. Thank You that Your Word provides wisdom and direction for navigating the challenges of this world. Forgive me for the times I've viewed obedience as a loss rather than an expression of trust in You. Help me recognize the scarcity mentality that causes me to hold too tightly to my time, resources, abilities, and personal preferences. Remind me that You are my source and that Your wisdom is greater than my understanding. Holy Spirit, show me where my priorities have become misaligned. Give me the courage and discipline to make the necessary adjustments. Help me faithfully steward my relationship with You, my health, my family, and the responsibilities You've entrusted to me. Teach me to sow generously, obey willingly, and trust patiently, even when I can't see how the harvest will come. I don't want fear to determine my decisions. **I want my priorities to reflect my confidence in You.**

In Jesus' name, Amen.



GOD'S INSTRUCTIONS ARE AN INVITATION TO TRUST HIM. DON'T ALLOW THE FEAR OF HAVING LESS TO KEEP YOU FROM WALKING IN HIS WAYS. **PUT GOD FIRST AND TRUST THE PROCESS.**

LOOKING AHEAD

Day Five – What Do You Have?

The disciples were tired, hungry, and surrounded by thousands of people who needed something to eat. They had already concluded that they didn't have enough. Then Jesus asked a question that changed everything. He didn't ask them what they lacked. He asked them what they had. Tomorrow, we'll discover what can happen when we stop focusing on our limitations and start trusting God with what's already in our hands. **Stop limiting God because of your limits.**

Day 5: There's an Order to the Overflow



TODAYS SCRIPTURE

Mark 6:38 (NLT) "How much bread do you have?" he asked. "Go and find out."

TODAY'S SEED

I love the story of Jesus feeding the five thousand, particularly when you consider how it began. The disciples were tired and hungry. Jesus had suggested they get away to a quiet place and rest. But thousands of people showed up, and Jesus, moved with compassion, began teaching them. Eventually, the disciples approached Jesus with what seemed like a reasonable solution. Send the people away so they could find something to eat. Instead, Jesus said, "You feed them." **Jesus turned something they wanted to dismiss into an assignment.**

Immediately, the disciples began calculating what it would cost. Their response revealed a scarcity mentality. They were evaluating the assignment based on their resources. Somewhere along the way, they'd forgotten who their source was. Then Jesus asked a question I absolutely love. "How much bread do you have?" He didn't ask them what they lacked. He asked them what they had. Five loaves and two fish. Certainly not enough from their perspective. But Jesus wasn't limited by their resources.

And notice what happened next. Jesus instructed the disciples to organize the crowd into groups. Imagine how much work that required, especially when they were already tired and hungry! Then Jesus blessed the food, and the disciples distributed it. **The disciples couldn't produce the miracle, but they were invited to participate in it.** Everyone ate as much as they wanted, and twelve baskets of leftovers were collected. That's overflow!

Throughout this week, we've established that God is our source, filling comes before overflowing, access isn't possession, and there's an order to the overflow. Now it's time to put those truths into practice. What has God placed in your hands? What opportunities, abilities, resources, or experiences could He use to bless someone else? Don't dismiss an assignment simply because you can't imagine how you'll accomplish it. God isn't asking you to be the source. He's asking you to trust the source. **Stop limiting God because of your limits.**

BENEATH THE SURFACE

Mark 6:30–44 reveals an interesting partnership between Jesus and His disciples. Jesus provided the supernatural multiplication, but the disciples had responsibilities throughout the process. They identified the available resources, organized the people, distributed the food, and collected the leftovers. Their obedience didn't produce the miracle, but it allowed them to participate in what Jesus was doing. This illustrates an important principle of living in the overflow. **Faith doesn't eliminate our responsibility. It changes our understanding of where the supply comes from.** We trust God while faithfully doing our part.

DON'T MISS THIS

Stop limiting God because of your limits. What seems insufficient in your hands can become more than enough in His.

TEND THE GARDEN

Spend a few quiet moments reflecting.

1. Have you dismissed an opportunity or assignment because you were more focused on your limitations than on God's ability?
2. What has God already placed in your hands that you might be overlooking or undervaluing?
3. Who could experience God's goodness through your willingness to trust Him and generously share what He's given you?

WATER THE SEED

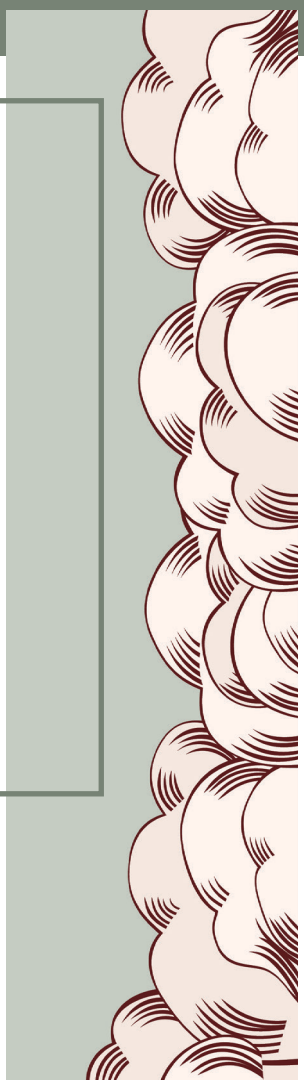
Today, make a list of what you have rather than what you lack. Consider your time, talents, resources, relationships, experiences, and spiritual gifts. Don't overlook something simply because it seems insignificant. Ask the Holy Spirit to show you how something on your list could become a blessing to someone else. Then take one practical step. Encourage someone, share your resources, offer your time, or use an ability God has given you to meet a need. Don't wait until you feel you have more than enough. **Start with what's already in your hands, and trust God with what He can accomplish through it.**

GROW THIS IN ME

Father,

Thank You for being my source and for everything You've placed in my hands. Forgive me for the times I've allowed my limitations to determine what I believe is possible with You. Help me recognize the opportunities I've dismissed because I felt inadequate, unprepared, or insufficient. Renew my thinking and free me from a scarcity mentality. Teach me to see what I have through the eyes of faith rather than focusing on what I lack. Holy Spirit, give me the courage to respond when You invite me to participate in what You're doing. Help me establish the right priorities, obey Your instructions, and generously share what You've entrusted to me. I don't want Your goodness to stop with me. I want my life to become a channel through which Your love, joy, peace, wisdom, and hope reach others. Remind me that I'm not responsible for producing the miracle, but I am responsible for trusting You and doing my part. **Fill me to overflowing, and let others experience Your goodness through my life.**

In Jesus' name, Amen.



DON'T MEASURE GOD'S ABILITY BY THE SIZE OF YOUR RESOURCES. FAITHFULLY STEWARD WHAT'S IN YOUR HANDS, TRUST HIM WITH THE OUTCOME, AND **LIVE IN THE OVERFLOW.**

RECAP OF THIS WEEK

Living in the overflow requires more than simply asking God for more; it means establishing Him as our consistent source, drawing near so He can enlarge our capacity, and aligning our priorities with His process. While God owns the supply, we own our response—acting in faith on what He has already made available and trusting Him with what is in our hands rather than focusing on limitations. Declare today that God is your source, make room for His presence, and step into the overflow through the power of the Holy Spirit!