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ABIDE AND THRIVE

7 SEEDS TO PLANT FOR A GREAT HARVEST



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As a pastor and CEO of Miracle Channel, Jeremy is passionate about sharing the Word in an authentic, relatable and powerful way.

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ABIDE AND THRIVE

7 SEEDS TO PLANT FOR A GREAT HARVEST

INTRODUCTION

God gave us an important principle in His Word: the principle of sowing and reaping. Whatever you plant in your life and heart *will* produce a harvest. Our job is to make sure that what we're planting is what we want to harvest in the future.

In this eBook, you'll learn seven important truths to plant in your heart. You'll learn how to thrive in every area of life—not just survive. God has so much more for you and wants to help you get there! Allow His unconditional love and acceptance to bring you hope for a great future.

WE CAN SEE WHAT SEEDS WE'VE
SOWN OR ALLOWED TO GROW
BY WHAT WE'RE REAPING.

CHAPTER 1

SOWING IS UP TO YOU

Are you ready for a life-changing thought? **God created the principle of sowing and reaping, but using it is up to you.** That may sound scary, but the truth is, it's exciting!

You see, after putting the principle of sowing and reaping into play, God handed us the entire farm and gave us seed—His Word—to plant into the soil of our hearts. However, He also gave us the freedom to choose whether we plant it or not. On

Don't be misled—you cannot mock the justice of God. You will always harvest what you plant.

- Galatians 6:7 (NLT)

the other end of that decision is a consequence, though. That's why Paul said in Galatians 6:7 that you will always harvest what you plant. It's your garden, and you decide what grows in it.

As we go through life, **we can see what seeds we've sown or allowed to grow by what we're reaping.** For example, maybe you've been struggling to know God's peace in your heart because the latest news headlines have a grip on your attention. Your preoccupation with what's going on in the world instead of what's in the Word has been sowing seeds of worry, fear, or anger.

So, whenever you discover something undesirable beginning to grow in an area of your life, **ask yourself, "What did I plant to get this?"**

If you don't like what you're harvesting, realize it's not God's fault. **It's your heart, and you can change what's growing in it by consistently sowing healthy, life-giving seeds from His Word.** The more you do, the more you'll love what grows in your garden as you harvest transformation. That's the beauty of sowing and reaping!

GO DEEPER:

1. Are there any areas of your life where you're reaping a harvest you don't like? What seeds do you think contributed to this?
2. Take a few minutes to think about what kind of harvest you want to see in your life. What seeds do you need to plant today to make that happen?
3. How can you make planting God's Word a more consistent part of your life?

GOD DOESN'T LOVE US BASED ON
HOW WELL OR HOW IMPERFECTLY
WE NAVIGATE LIFE.

CHAPTER 2

GOD'S LOVE IS UNCONDITIONAL

I was at the hospital one day when a mom came in with her teenage daughter who had self-harmed. As I prayed silently for them, it crossed my mind that God loved me, this hurting teenage girl, and this heavy-hearted mom the same. **He doesn't play favourites; He loves each of us without any reservation whatsoever.** If I could have had thirty seconds with that struggling girl, I would have let her know that God loves her as much as He does me, and nothing she did could stop that love.

That's important to understand because we often measure ourselves by our performance. We have a picture in our mind of what a "good" Christian is and then grade how we did that day by how kind we were to our spouse, kids, or co-workers. We assess ourselves according to our performance level, but **God doesn't love us based on how well or how imperfectly we navigate life.**

***We know how much God loves us, and we have
put our trust in his love.***

- 1 John 4:16 (NLT)

While it benefits us to plant the right seeds in our hearts, **what we sow and reap doesn't impact how God sees us or how much He loves us.** That would be toxic love, and God's love toward us is pure, unchangeable, and unconditional.

Our value to Him is not a matter of performance. And that's great news because we've all fallen and made mistakes. We've spoken harshly to our kids, hurt someone's feelings, or made the wrong decision with an addictive substance or relationship.

Whatever the circumstances, know that **God's love, forgiveness, and grace are available to you in abundance**—and nothing you do can change that. Trust in His love today!

GO DEEPER:

1. Have you ever felt like you had to earn God's love? How does the truth that His love is unconditional change that mindset?
2. How can you remind yourself daily that God's love isn't based on performance but on His grace?
3. How would your relationships change if you viewed others the way God views you—with unconditional love?

THE SECRET TO WALKING OUT THE GOOD
PLANS GOD HAS FOR YOU IS TO GET INTO
THE ROAD MAP THAT IS HIS WORD.

CHAPTER 3

JUST FOLLOW THE MAP

In the middle of a dark time, have you wondered if God really meant what He said in Jeremiah 29:11?

I'm sure when God spoke this promise over the Israelites in exile, they wondered the same thing! Yet God was faithful to His Word, and that promise remains over us today. His plans for us are always "for good and not for disaster."

After all, what loving parent makes plans to hurt their kids or set them up for failure? Not God—He's the best kind of Father there is! But here's the reality: as any caring parent knows, **you can make all the plans you want for your kids. However, for those plans to happen, your kids have to go along with them.**

"For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope."

- Jeremiah 29:11 (NLT)

Maybe you're thinking, "Oh, great. I've messed up so many times, I've probably screwed up every plan God ever had for me." Not at all.

Don't worry about slipping off the road and derailing God's plans for you. It doesn't throw Him off when we head in the wrong direction or miss the mark. God can recalibrate His plans like a GPS does if you get lost driving in a new city. He will readjust His plans for you as many times as it takes to get you back on course.

The secret to walking out the good plans God has for you is to get into the road map that is His Word. You'll follow it imperfectly, and that's okay. Just continue to follow Him and God can still lead you perfectly where He needs you to go.

GO DEEPER:

1. When have you experienced a detour in your life, and how did you see God's hand in getting you back on track?
2. Have you ever felt like you've messed up God's plans for your life? How can you trust Him to recalibrate your journey?
3. What steps can you take today to align more closely with God's plan for your life?

WE DON'T OBEY TO BE LOVED OR
ACCEPTED BY GOD; IT'S ABIDING IN HIS
LOVE THAT PRODUCES OBEDIENCE.

CHAPTER 4

ABIDE IN LOVE

God doesn't require obedience in exchange for love. He loves us regardless. Trying to obey our way into God's love lands us right back in religion—striving through self-effort to be worthy. Fortunately, that's not how God's Kingdom operates (1 John 4:19)!

“If you keep My commandments [if you continue to obey My instructions], you will abide in My love and live on in it.”

- John 15:10 (AMPC)

I used to mistakenly think this verse meant, “If you obey perfectly and don't screw up, then Jesus will love you.” I've since figured out that **obedience through self-effort and abiding in love are two different things**. The truth is, **we don't obey to be loved or accepted by God; it's abiding in His love that produces obedience**. Back then, I just didn't fully understand “abide.”

The Greek word John used for abiding is *menō*, which means to “remain, stay, or wait,” according to Strong’s Concordance. John used this same word when referring to physically staying somewhere, such as in John 1:38-39 when Jesus called the first disciples. In that way, *menō* implied more than just staying or remaining somewhere; it included the idea of ongoing fellowship, companionship, or feeling at home with someone.

So, as you remain in a personal relationship with Christ and make Him “at home” in your heart, you grow to know His overwhelming love for you and the incredible freedom He provides. And that naturally produces love in you—a desire to keep His commandments of loving God and loving others.

John 15:10 has nothing to do with you performing to receive love. Instead, it has everything to do with **making Christ at home in your life so you thrive and can love others the way He loves you!**

GO DEEPER:

1. What does “abiding in God’s love” look like for you in your life?
2. How does trying to earn God’s love through obedience compare to simply resting in His love and letting that produce obedience naturally?
3. What specific ways can you invite God to make a home in your heart and life today?

WE MUST TURN FROM BEING
SIN-CONSCIOUS TO GOD-CONSCIOUS
AND KNOW HOW HE SEES US.

CHAPTER 5

KNOW HOW GOD SEES YOU

How many people leave their houses in their birthday suits to take their dogs for walks? Or throw on their hats, hop in their cars naked, and drive off to work? Hopefully none! Yet, how many of us live like that when it comes to our spiritual lives? We put on the helmet of salvation and then leave the rest of our God-given armour hanging in the closet. We get to the “I’m saved and making Heaven” part of the Bible and stop there.

Often, it’s because we’re sin-conscious. The minute we mess up, we feel guilty getting into the Word and unwelcome in our relationship with God. Unfortunately, people who think they’re constantly judged or condemned in a relationship shrink back and avoid it.

So now there is no condemnation for those who belong to Christ Jesus.

- Romans 8:1 (NLT)

We must turn from being sin-conscious to God-conscious and know how He sees us. This is why it's crucial that we put on the armour found in Ephesians 6:13-17.

Take the breastplate of righteousness, for example. Romans 5:1 (NLT) says, "Since we have been made right in God's sight by faith, **we have peace with God because of what Jesus Christ our Lord has done for us.**" Meditating on and believing that one verse alone throws on the breastplate of righteousness, the belt of truth, and the shoes of peace all in one shot!

As a believer, you don't need to be afraid of God's presence. In His eyes, you are His precious child (John 1:12), completely forgiven, and a citizen in His Kingdom (Colossians 1:13-14). **The more you consistently put on the armour God has provided, the more it will protect you from the enemy's lies!**

GO DEEPER:

1. Do you find yourself more sin-conscious or God-conscious in life? How do each of those mindsets affect your relationship with God?
2. How does putting on the full armour of God change the way you face daily challenges and spiritual battles?
3. What lies from the enemy have you believed that make you shrink back from God? How can embracing your identity in Christ free you from those?

GOD HAS GIVEN US *FULL ACCESS TO ALL THE BATTLE GEAR WE NEED FOR LIFE, BUT WE MUST PUT IT ON.*

CHAPTER 6

PUT ON YOUR ARMOUR

When is the best time to put on your armour if you're heading into battle? When bullets are flying and you're in the thick of the fight?

No, because you wouldn't get anything on in time to defend yourself from harm! Clearly, it would be wisest to put on what you need before you need it.

Imagine seeing someone walking around the Canadian Prairies in the middle of winter with a coat draped over their arm. Chances are, you'd look at them and say, "What are you thinking? It's freezing out, and you have a coat. Put it on!"

We might shake our heads at the idea of someone not using the means they have to protect themselves against injury or death. Yet how many of us live like this when it comes to the armour God has made available to us? **God has given us *full access to all the battle gear we need for life, but we must put it on.*** That's the only way it can protect us.

Take all the help you can get, every weapon God has issued, so that when it's all over but the shouting you'll still be on your feet.

- Ephesians 6:13 (MSG)

Now, it's not just reading the Word that arms our hearts. **It's studying what God's precepts like truth, righteousness, peace, faith, and salvation truly encompass—and allowing them to impact our belief systems.** It involves planting God's Word in your heart so that it's available for harvesting in the season you need it. After all, the principle of sowing and reaping is always at work.

GO DEEPER:

1. Which part of God's armour could you add to your heart's arsenal today?
2. How can you better prepare yourself spiritually before challenges arise, rather than waiting until you're in the middle of the battle?
3. How can you use the principle of sowing and reaping to put on the armour of God?

YOU NEED TO SPEND TIME WITH
GOD TO GROW AND EXPERIENCE
A HEALTHY RELATIONSHIP.

CHAPTER 7

SPEND TIME WITH GOD

Meaningful relationships are all built from the same key ingredients: **love, trust, and quality time**. Think about it: a relationship can only grow to the extent that these three factors are present. Any connection that lacks one of these will constantly struggle to thrive. The same goes for our relationship with God.

You need to spend time with Him to grow and experience a healthy relationship.

The more you do that, the more your relationship will develop into a rich, fulfilling connection. But this is where some people struggle. We may feel uncomfortable spending time with God because we don't realize that He accepts us as we are, loves us, and truly enjoys our presence regardless of whether we've messed up.

If this has been holding you back, know that thanks to Jesus, God is at peace with you (Romans 5:1). Nothing stands unresolved between you and Him. That's why the Gospel brings such freedom!

Today, maybe you're plagued with a lingering sense of guilt over something you did or didn't do. Whatever the case, let it go and come to God. **He isn't holding back His love for you; after all, Jesus went to the cross *because of His great love for you!***

We love, because He first loved us.

- 1 John 4:19 (AMP)

He loves you whether you're a repeat offender or the best-behaved citizen. In fact, you haven't met a single person on this planet that God isn't deeply in love with. He's patiently waiting for you to come to Him. **He wants you to know and experience His love because it will put a spring in your step and completely transform your life.** Will you give Him that chance?

GO DEEPER:

1. Do you ever feel unworthy of God's love because of past mistakes? How does understanding His unconditional acceptance change that feeling?
2. What barriers (like guilt or shame) keep you from experiencing a deeper relationship with God, and how can you let go of them?
3. How can you prioritize spending more quality time with God to deepen your connection with Him?

CONCLUSION

God has handed you the keys to a life full of hope, peace, and purpose.

Let's go over the seven seeds you can plant in your life today to begin to thrive rather than just survive:

- **Chapter 1:** *Sowing Is Up to You.* Whatever you sow into your life and heart *will* reap a harvest. Make sure it's the harvest you want.
- **Chapter 2:** *God's Love Is Unconditional.* God's love isn't performance-based. There's nothing you could do to make God love you more than He already does!
- **Chapter 3:** *Just Follow the Map.* No matter how many times you get off course, God can recalibrate and bring you back into His plan for you.
- **Chapter 4:** *Abide in Love.* We don't obey to be loved or accepted by God; it's abiding in His love that produces obedience.
- **Chapter 5:** *Know How God Sees You.* Stay God-conscious and not sin-conscious in everything that you do. Keep the image He has of you in your heart.
- **Chapter 6:** *Put On Your Armour.* God has given you full access to all the battle gear you need for life, but you must put it on!
- **Chapter 7:** *Spend Time With God.* To build any strong relationship there needs to be genuine time spent with the other person. The same goes for your relationship with God!

God's love is not based on perfection or dependent on how well you perform; it's unconditional. No matter where you've been or how many times you've stumbled, His grace is always available. Work with Him, abide in His love, and plant seeds today for an incredible harvest in the future.