



SCARCITY & ABUNDANCE

A Three-Day Journey in God's Word



AMERICAN
BIBLE
SOCIETY

Day 1: Recognizing a Scarcity Mindset

Begin

Quiet your heart and ask God to take all your worries and distractions, trusting him to teach and encourage you through his Word. Ask him to open your eyes to the lessons he has for you today!

Read: Matthew 6:25–34

²⁵ “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Can any one of you by worrying add a single hour to your life?

²⁸ “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? ³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Reflect

As our Creator, God understands our needs like no other.

From the moment we’re born, we need food, shelter, and clothing. We need love and healthy attachment. We need work and responsibility and hope for the future. We need companionship and family and community. We need meaning. That’s a lot of needs, and you can easily think of more. And when we think about all we don’t yet have, it’s easy to let our minds fall into patterns shaped by scarcity and end up grasping too tightly to what we’ve already been given.

In his Sermon on the Mount, Jesus calls attention to our shared needs, but he doesn’t let us dwell in a scarcity mindset. Instead, he encourages us to lift our eyes beyond our needs and look to a trustworthy and unchanging God who promises to provide ([James 1:17](#)). Jesus points to clear evidence of God’s care of all things, telling us to notice how he has provided for the birds and the flowers we so often pass by without a second thought. He also challenges us to consider how much more God loves us, the people he came to redeem ([1 Peter 1:18–19](#)).

A scarcity mindset reveals a life controlled by worry. We worry we won’t have enough, so we hoard the gifts God has given, obsess about what we need tomorrow, and chase after the things of this world. Jesus doesn’t mince words. He tells us that this mindset reveals a lack of faith in God ([Matthew 6:30](#)). Instead of worrying about what we don’t have, our focus must be on God’s

kingdom above all else. Our loving heavenly Father—who knows exactly what we need—will always provide for us. A life, a mindset, rooted in God’s love and generosity will ground us in faith and free us from worrying about tomorrow.

If you’re noticing a scarcity mindset in your own life, you aren’t alone. But God knows your heart and understands your worries. When you wonder who will provide for you, he promises to give you everything you need. And as we’ll see tomorrow, God’s promises are a solid foundation for us as we grow in reflecting his generosity in our lives!

Consider

- ❖ Where do I see a scarcity mindset in my own life? What gifts have I been afraid or unwilling to share?
- ❖ Where have I seen God provide over the past year? How could dwelling on his care help me combat a scarcity mindset?

Meditate

Spend a few moments reading and considering how this Scripture relates to the other truths you encountered today. What connections can you make?

“My God will meet all your needs according to the riches of his glory in Christ Jesus.”

Philippians 4:19

Day 2: Building on God's Promises

Begin

Quiet your heart and ask God to take all your worries and distractions, trusting him to teach and encourage you through his Word. Pray and ask him to open your eyes to the lessons he has for you today!

Read: Matthew 7:24–27

²⁴ “Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. ²⁵ The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. ²⁶ But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. ²⁷ The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.”

Reflect

We can spend our whole lives looking for a firm foundation: a dream job; a loving marriage; successful children; a good reputation; a vibrant passion or calling. All of these are wonderful blessings, but none of them can fill our hearts.

In Matthew 7, Jesus continues his Sermon on the Mount by pointing us to the only foundation that won't leave us vulnerable to disaster and despair. He calls us to hear his words and put them into action, building our lives and futures on the reliable foundation of his truth. His comparison of the wise and foolish builders is meant to show us the practical outcome of the two paths before us. A life built on the unstable sands of earthly desires and treasures is doomed to collapse under life's pressures. But a life built on the practice of Jesus's teachings can withstand even the most destructive storms.

Once we realize that all of God's promises are fulfilled in Jesus, we see the wisdom of building our lives on his words ([2 Corinthians 1:20](#)). His promises give us the confidence to live without fear of the future. Our lives will be buffeted by winds of disappointment, sorrow, and loss, but Christ endures—and he will uphold us. This truth helps us look beyond momentary struggles and build lives on earth with a heavenly mindset.

The more we live out what Jesus says in his Word, the more our lives will reflect our Savior—including his abundantly generous heart. We'll see tomorrow that there's no better way to cultivate an abundance mindset than to look at God's generosity toward us!

Consider

- ❖ Which of God's promises do you need to meditate on today? How does this solid foundation help you rethink your fears and doubts?
- ❖ How does the assurance of God's love, protection, and provision now and for eternity change the way you live out an abundant life? How could it transform the way you share God's blessings and gifts with others?

Meditate

Spend a few moments reading and considering how this Scripture relates to the other truths you encountered today. What connections can you make?

“The lions may grow weak and hungry, but those who seek the LORD lack no good thing.”

Psalm 34:10

Day 3: Living in Abundance

Begin

Quiet your heart and ask God to take all your worries and distractions, trusting him to teach and encourage you through his Word. Pray and ask him to open your eyes to the lessons he has for you today!

Read: Matthew 25:14–30

¹⁴ “Again, it will be like a man going on a journey, who called his servants and entrusted his wealth to them. ¹⁵ To one he gave five bags of gold, to another two bags, and to another one bag, each according to his ability. Then he went on his journey. ¹⁶ The man who had received five bags of gold went at once and put his money to work and gained five bags more. ¹⁷ So also, the one with two bags of gold gained two more. ¹⁸ But the man who had received one bag went off, dug a hole in the ground and hid his master’s money.

¹⁹ “After a long time the master of those servants returned and settled accounts with them. ²⁰ The man who had received five bags of gold brought the other five. ‘Master,’ he said, ‘you entrusted me with five bags of gold. See, I have gained five more.’

²¹ “His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!’

²² “The man with two bags of gold also came. ‘Master,’ he said, ‘you entrusted me with two bags of gold; see, I have gained two more.’

²³ “His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!’

²⁴ “Then the man who had received one bag of gold came. ‘Master,’ he said, ‘I knew that you are a hard man, harvesting where you have not sown and gathering where you have not scattered seed. ²⁵ So I was afraid and went out and hid your gold in the ground. See, here is what belongs to you.’

²⁶ “His master replied, ‘You wicked, lazy servant! So you knew that I harvest where I have not sown and gather where I have not scattered seed? ²⁷ Well then, you should have put my money on deposit with the bankers, so that when I returned I would have received it back with interest.

²⁸ “‘So take the bag of gold from him and give it to the one who has ten bags. ²⁹ For whoever has will be given more, and they will have an abundance. Whoever does not have, even what they have will be taken from them. ³⁰ And throw that worthless servant outside, into the darkness, where there will be weeping and gnashing of teeth.’”

Reflect

The Bible is full of wisdom on living our lives in light of God's grace and generosity to us.

In a widely known parable in Matthew 25, Jesus gives us examples of faithful and unfaithful servants. Some invest the gifts their master gives them and multiply his wealth. But one servant decides that the safest option is to bury the treasure entrusted to him. He guards the money, but wastes his opportunity.

What makes these servants faithful or unfaithful? Jesus's answer points us to the importance of understanding who we serve. Our God describes himself as forgiving, loving, and just ([Exodus 34:6-7](#)). Like the master in Jesus's story, God is concerned with how we use the gifts he has given. The unfaithful servant deceived himself with the lie that hoarding his master's wealth was the best way to honor him.

We're not immune to this lie. We often treat time, money, and energy as ours, as precious possessions to protect instead of as God's resources given to us to invest for God's kingdom. But God wants his people to communicate his generous nature to others. He gave his only Son for our salvation ([John 3:16](#)) and promises to give us all things in addition to this greatest gift ([Romans 8:32](#)). When we reflect this generosity, we help others learn who it is that we serve.

As you finish this brief journey in God's Word, consider how a focus on your Savior's gracious heart can inform your posture toward generosity. What will you do with the gifts he has given to you? As you think about how to put your encounter with Scripture into practice, ask God to help you grow in a mindset of abundance. And rejoice in Jesus's promise of abundant life for all those who trust in him ([John 10:10](#)). You can go forward with boldness and joy, knowing that God has already given us himself. There is nothing else we could need!

Consider

Make a list of the things you consider most precious in life: your family, friends, home, money, possessions, career, hobbies, spiritual gifts. Next, consider the questions below:

- ❖ Are any of these things shaping your identity or attitude more than your relationship with Jesus? Do you see any signs of this in your life?
- ❖ What could God be calling you to let go of in a spirit of worship and obedience?
- ❖ How could viewing these blessings through the lens of God's abundance change the way you live?
- ❖ How could you use what God has given to you to bless others?

Meditate

Spend a few moments reading and considering how this Scripture relates to the other truths you encountered today. What connections can you make?

“Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.”

Luke 6:38

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