



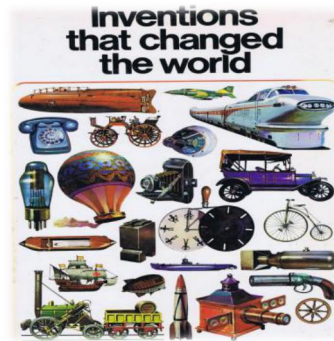
*The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.* John 10:10



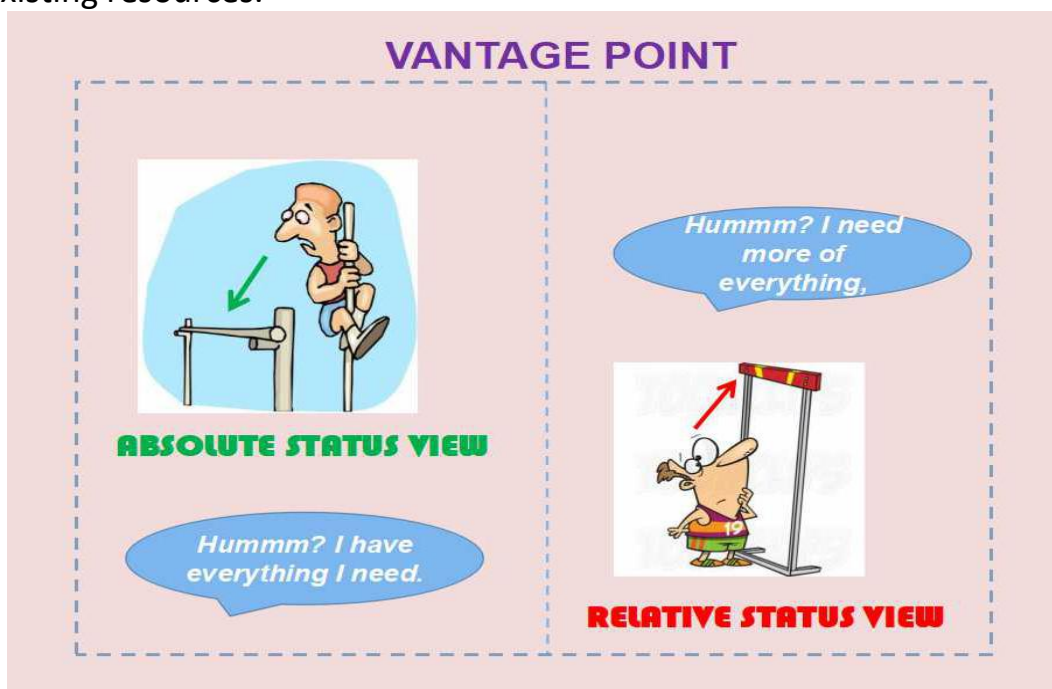
The greatest trick of the evil magician Satan is to hide the blessings of our Creator that are in plain sight...and to shift human focus from what is truly abundant to what appears to be limited.



Abundance can be defined as: *an extremely plentiful or over sufficient quantity or supply, an overflowing fullness.* It is not enough for us to have this extremely plentiful wealth if we do not understand how we should appreciate and utilize our resources. **Jesus uncovered the illusion** of Satan that the **children of God are limited**. He demonstrated with his **life, deeds, and words** on Earth how to effectively operate in our Abundance.



Operating in Abundance means that we understand and are thankful for what we already have in plentiful quantity from our Creator; and that we have the mental and physical capacity to develop improvements with existing resources.



When operating in Abundance, we make daily decisions from a **vantage point of plenty** versus a **position of need**. We lose the need to selfishly hoard, to worry, to rush, to envy, to fear, to disobey, to hate, to be short-sighted... We gain joy, peace, faith, freedom, patience, love, sharing, vision, confidence, self-control... When we understand our Abundance, we know the difference between what is absolutely **essential** and what is **relative**. We are no longer traveling in the circular maze of life on an endless pursuit to **'nowhere'** because **all of our actions are intentional**.

With this operating definition of Abundance in mind, let us consider just a few of the many **Abundant Gifts** that our Loving Creator has given all Mankind **FREE** in plentiful quantity to make our lives overflowing and full. **Let us also consider our lives without this Abundance.**

# AMAZING BY THE NUMBERS

## LIGHT

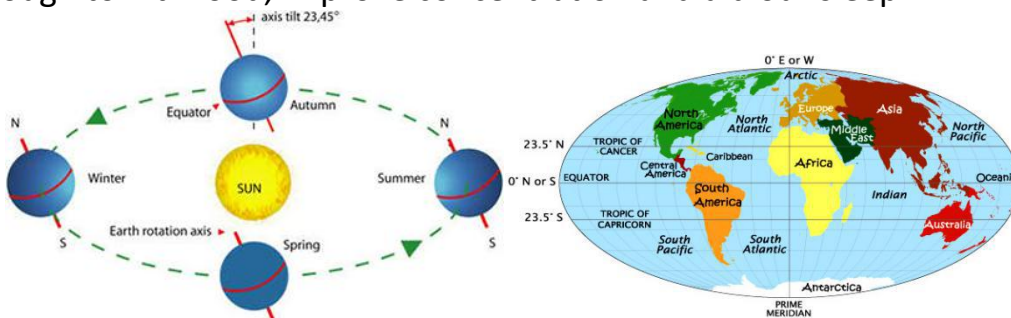
Need: 15 - 30 min/day

Available: 330 to 1110 min/day depending on location and season

Abundance: ✓✓✓



Light is necessary for the survival of life on Earth, as almost all energy used by life is derived from sunlight. Plants and algae (the beginning of the food chain) use light energy in photosynthesis. The sun also ensures that we have liquid water and Vitamin D which are vital to our human existence. Studies show that 15-30 minutes of exposure to daylight is enough to lift mood, improve concentration and aid our sleep.



Daylight quantity is a function of the earth's tilt on its axis, and your latitude (e.g. how close you are to a pole vs. the equator). Close to the equator locations get nearly 12 hours (720 minutes) of daylight everyday. At locations closer to the poles daylight can range from almost no light to almost complete light depending on the time of year.



Without the Sun within a week the average global surface temperature would drop below 0°F. In a year, it would dip to -100°. The top layers of

the oceans would freeze over. Although some microorganisms living in the Earth's crust would survive, the majority of life would enjoy only a brief post-sun existence. Of course, the sun doesn't merely heat the Earth; it also keeps the planet in orbit. If its mass suddenly disappeared, the planet would fly off, like a ball swung on a string and suddenly let go. The average person might last a week to a month with no sun.

**Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life. John 8:12**

## **WATER**

**Need:** About 15.5 cups (men) / About 11.5 cups (women)

**Available:** Unlimited\*

**Abundance:** ✓✓✓



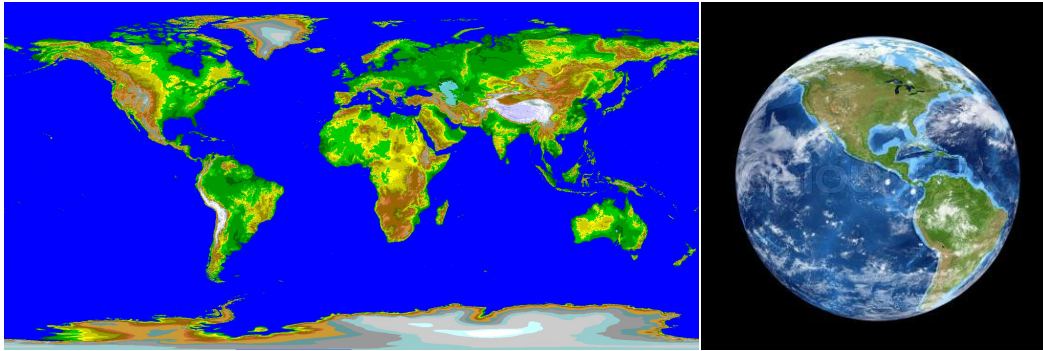
Water is your body's principal chemical component and makes up about 60 percent of your body weight. Your body depends on water to survive. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water. The National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

    About 15.5 cups (3.7 liters) of fluids for men

    About 11.5 cups (2.7 liters) of fluids a day for women

These recommendations cover fluids from water, other beverages and food. About 20 percent of daily fluid intake usually comes from food and the rest from drinks.

*Additionally water is also used for: Agricultural, Industrial, Recreation, and Hydro-power generation Purposes.*



\*About 71% of the Earth's surface is water-covered, and the oceans hold about 97% of all Earth's water. About 3% of the earth's water is fresh. Water also exists in the air as water vapor, in rivers and lakes, in icecaps and glaciers, in the ground as soil moisture and in aquifers. Humanity's issues with water are accessing, usage, and distribution. We know how to convert ocean salt water into fresh water using clean solar power, but **Global HUMANITY** has not addressed this solution because of political and economic self interest. **EARTH IS THE ONLY PLANET KNOWN IN THE UNIVERSE THAT HAS THIS IMMENSE WATER RESOURCE!!!**



**A human can survive for a month or more without eating food, but only a week or so without drinking water.**

**But whosoever drinketh of the water that I shall give him shall never thirst... John 4:14a**

**What an Abundance our Creator has given us!!!  
Wait there's More!!!**

## AIR

Need: 12 - 16 breaths/min

Available: Unlimited

Abundance: ✓✓✓



An adult at rest breathes about 17,280 to 23,040 times a day at 12 to 16 breaths per minute. Other factors, such as exercise and vigorous physical activity, result in more breaths per day. Adults breathe about 6.3 to 8.4 million breaths per year. People who live to be 80 take as many as 500 million breaths in their lifetimes.

## No Oxygen: Brain Cells Die



Canadian Red Cross

**1 minute:** Brain cells begin to die, but survival is possible

**3 minutes:** serious brain damage likely

**10 minutes:** many brain cells have died; the patient is unlikely to recover

**15 minutes:** recovery is virtually impossible



**Permanent brain damage begins after only 3 minutes without oxygen, and death can occur as soon as 4 to 6 minutes later.**

**And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul. Genesis 2:7**

## FOOD

Need: 1,800 calories (men) / 1,200 calories (women) minimum per day

Available: 1590 - 3800 calories per day depending on country

Abundance: ✓✓✓



The Earth has the capacity to produce enough food to feed 9-10 billion people. The world produces 17% more food per person today than 30 years ago. But close to a billion people go to sleep hungry every night. Roughly **one third** of the food produced in the world for human consumption every year — approximately **1.3 billion tonnes** — gets **lost or wasted**.



**A human can survive for about a month without eating food depending on health and if they have water to drink.**

**And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst. John 6:35**

## TIME

Need: Every second

Available: 86,400 seconds or 24hrs per day

Abundance: ✓✓✓



The chart below from the USA Bureau of Labor Statistics is the:  
2016 Average Hours Per Day Spent on Selected Activities

| Activity  | Average per day, total | Average per day, men | Average per day, women |
|---|------------------------|----------------------|------------------------|
| Personal care, including sleep                  | 9.58                   | 9.34                 | 9.80                   |
| Eating and drinking                             | 1.17                   | 1.19                 | 1.16                   |
| Household activities                            | 1.82                   | 1.38                 | 2.24                   |
| Purchasing goods and services                   | 0.76                   | 0.63                 | 0.89                   |
| Caring for and helping household members        | 0.52                   | 0.34                 | 0.69                   |
| Caring for and helping nonhousehold members     | 0.21                   | 0.19                 | 0.23                   |
| Working and work-related activities             | 3.61                   | 4.39                 | 2.88                   |
| Educational activities                          | 0.49                   | 0.45                 | 0.53                   |
| Organizational, civic, and religious activities | 0.32                   | 0.29                 | 0.36                   |
| Leisure and sports                              | 5.13                   | 5.51                 | 4.77                   |
| Telephone calls, mail, and e-mail               | 0.16                   | 0.12                 | 0.19                   |
| Other activities, not elsewhere classified      | 0.22                   | 0.18                 | 0.27                   |

The chart above may vary by country for hours spent but the activities are the same. People have an Abundance of time daily for activities that we need and want to do...enough time to complete our **Purpose**.



When our time is up, our life on Earth is over.

**...For what is your life? It is even a vapor that appeareth for a little time, and then vanisheth away. James 4:14**





My brothers and sisters I could write endlessly about the Abundance topics that Our Creator has given FREELY to his greatest creation, Mankind. But I would rather comment with gentle reminders of how to uncork your Abundance and operate daily in its supply.

- **Slow Down** so you can see what you already have
- **Observe** your plentiful over supply
- **Appreciate** your Abundance
- **Intentionally Use** your Resource with Sobriety
- **Be Thankful** that there is plenty now and more left
- **Repeat** each day



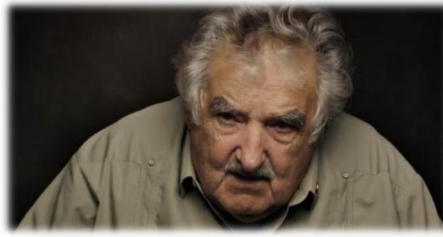
Have you ever been so sick that you couldn't get out of bed? If yes, then you may know the importance of your Abundant health. Your illness forces you to **slow down**. While suffering you **observe** all of the things that you could do before you became ill... and you wish that you could do those simple activities again. You **appreciate** how good you had it (your Abundance), but you also realize what is absolutely necessary to survive. When you get better initially you **intentionally use** your health Abundance, and you are **thankful** to feel better. *But not long after your Abundance of health returns, you forget your suffering until you get sick again.*



Think if you could **slow down, observe, appreciate, intentionally use, and be thankful daily** before you are sick...

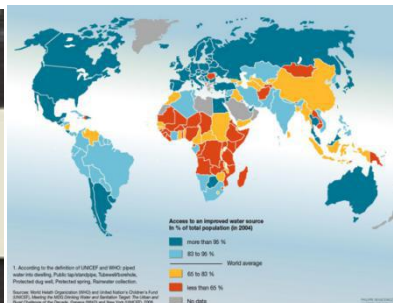
**This pre-emptive learning application is operating in Abundance.**

## Sharing is Caring



With all of the **World's Abundant Resources**, it is very sad and upsetting that not everyone shares the Abundance equally. Jose Mujica, former President of Uruguay, once said:

**“It’s not a lack of resources. It’s a lack of governance. Governments are preoccupied with winning the next election, with who’s going to be boss. We fight for power... and we forget people and world issues. The crisis is not environmental; It is political. Our society has reached a phase where we need planetary consensus, and we are looking away from it. We are blinded by the thirst for domination, especially the most powerful countries. Mankind may be the only animal capable of self-destruction...”**





Our global population, 7 Billion+, can't survive on the Moon or Venus or Mars. But since Day 1 for Mankind on Earth, we have always had an over sufficient supply of **Essential Resources** including our Abundant mental capability to create...**Abundant Essential Resources** was and is our Gift from God...And as we fulfill our true purpose in life, let us give praise and honor to our Creator...Because we have everything we need and much much more.

**It's up to us to:**

**Use our Abundance wisely**

or

**Destroy it and ourselves selfishly.**