



ABUNDANT LIFE MANIFESTO

"I CAME THAT THEY MAY HAVE LIFE AND HAVE IT ABUNDANTLY." JOHN 10:10B ESV

I believe beauty + joy coexist alongside pain + suffering.

I trust that no matter what life hands me, God is not mad and I won't be abandoned. I can depend on Him.

I recognize I will always be a work in progress and understand true healing + renewal of my mind, body, and soul comes not through suppressing, but accepting and processing my emotions.

I believe weakness is not a place of lack, but a place where I have an opportunity to invite God in; a place to become fully whole; a place to experience the full extent of grace + peace God offers (2 Peter 1:2).

I pay attention to how God is meeting me where I am, as I am + use reflection as a way to take note of all God has seen me through.

I pursue an intentional life that values slow, simple, and good over the pressure and impulse to strive for more, better, faster.

I embrace a life lived fully in the present for I do not know what tomorrow may bring (Matthew 6:34).

I give thanks in all circumstances (1 Thess 5:18) as a reminder that what we seek, we find (Matthew 7:7-8). I appreciate that even when life is hard, gratitude points me back to God's presence + provision.

I lean on community for help + support because I am not meant to carry the burdens of this life alone (Galatians 6:2).

I hold onto hope in the unexpected knowing God will meet me in my weakness with the love + grace to endure.

I unearth the full life by surrendering control, expectations, and plans.

I will pursue an abundant life.

- MARYBETH EILER

