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La Jolla Christian Fellowship  
**Life : A Deep Dive Into Abundant Living**  
Adam Stadtmiller

## **Genesis 2:4-17 The Tree Of Life**

This is the account of the heavens and the earth when they were created, when the LORD God made the earth and the heavens. <sup>5</sup> Now no shrub had yet appeared on the earth<sup>6</sup> and no plant had yet sprung up, for the LORD God had not sent rain on the earth and there was no one to work the ground, <sup>6</sup> but streams came up from the earth and watered the whole surface of the ground. <sup>7</sup> Then the LORD God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being. <sup>8</sup> Now the LORD God had planted a garden in the east, in Eden; and there he put the man he had formed. <sup>9</sup> **The LORD God made all kinds of trees grow out of the ground—trees that were pleasing to the eye and good for food. In the middle of the garden were the tree of life and the tree of the knowledge of good and evil.** <sup>10</sup> A river watering the garden flowed from Eden; from there it was separated into four headwaters. <sup>11</sup> The name of the first is the Pishon; it winds through the entire land of Havilah, where there is gold. <sup>12</sup> (The gold of that land is good; aromatic resin and onyx are also there.) <sup>13</sup> The name of the second river is the Gihon; it winds through the entire land of Cush. <sup>14</sup> The name of the third river is the Tigris; it runs along the east side of Ashur. And the fourth river is the Euphrates. <sup>15</sup> The LORD God took the man and put him in the Garden of Eden to work it and take care of it. <sup>16</sup> And the LORD God commanded the man, “You are free to eat from any tree in the garden; <sup>17</sup> but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die.”

## **The bible is ultimately a guide book to life.**

- The thesis of God’s word is that this rich, sustaining verdant life is only found in God and only offered to those who would seek it.
  - **Vs. 16** *And the LORD God commanded the man, “You are free to eat from any tree in the garden; <sup>17</sup> but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die.”*
    - Life is a choice.
    - Quality of life is also a choice.

## **What is life?**

1. The biological quality that distinguishes a vital and functional being from a dead body.
2. A spiritual existence transcending physical death.
  - a. **Genesis 3:4** *“You will not certainly die,” the serpent said to the woman.*
    - i. What did the Devil mean?

## **Life As A Tree:** God’s word pictures life as a tree throughout the entirety of the bible.

- Let us not fail to remember that Jesus was crucified on a dead tree.
- Abundant life begins when we graft ourselves into the Tree Of Life.

**1. It's about what you consume.**

- a. **Genesis 2- Vs. 16** *And the LORD God commanded the man, "You are free to eat from any tree in the garden; <sup>17</sup> but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die."*

**2. It's about where you are planted.**

- a. **Psalm 1:2b-3** *...but (the one) whose delight is in the law of the LORD, and who meditates on his law day and night. <sup>3</sup> That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— **whatever they do prospers.***

**3. It's about Fruit**

- Proverbs 11:30** *The **fruit of the righteous is a tree of life**, and the one who is wise saves lives.*

**God's picture of abundant life.**

**Revelation: 2:22** *Then the angel showed me the river of the water of life, as clear as crystal, flowing from the throne of God and of the Lamb <sup>2</sup> down the middle of the great street of the city. On each side of the river stood the tree of life, bearing twelve crops of fruit, yielding its fruit every month. And the leaves of the tree are for the healing of the nations.*

**Food for the journey:** *Use these questions and challenges to go deeper in community group discussion or in personal reflection.*

1. Many people see the bible as a book of rules that lead to restricting life rather than creating it. Why do you think that might be and what would you say to them?
2. Life is more than biological function. The sermon said that living beyond biology is a spiritual exercise. What does this mean?
3. Describe abundant life.
4. The message spoke about what you consume as being important to an abundant life. What things could you add or detract from your life to make it more fruitful and satisfying?
5. Fruit is a great sign of life. Where are the areas that you are most fruitful. Could you get more fruit out of your life?