



Flow Through Vessel

How to Master the
Habit of Letting God
Flow Through You

Marnie
Swedberg

Habit Mastery • Stories • Analogies • HowTos • Study Guide

Flow Through Vessel:
How to Master the Habit of
Letting God Flow Through You

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<http://www.Marnie.com>

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For more information contact:
Gifts of Encouragement, Inc.
2360 Corporate Circle, Suite 400
Henderson NV 89074
877-77-HOW-TO
877-774-6986
Info@Marnie.com
<http://www.Marnie.com>.

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There are numerous stories throughout the book. Most of the names have been changed, but the scenarios are real. Each is included to help you identify ways in which God is flowing through real people, just like you, every single day.

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Section I

Stop Trying Harder & Start Trusting More



How to Live Beyond Human Limitations

She was whispering, the stranger on the other end of the phone conversation. She was asking if we could meet somewhere. She sounded desperate.

I'd been minding my own business, tending to my children, when the phone rang that night. Within thirty minutes I found myself at a restaurant, with a total stranger, listening to a sad, scared, confused woman share her life story.

She'd gotten my name from a relative who knew of me online, and had called me from her bathroom, where she was hiding from her drunk and angry husband.

I had no idea what to say or how to help. All I could do was listen to her while listening to God as He flowed words of comfort, instruction, and hope through me to her. Some of the words that came out of my mouth shocked me, and I remember walking out of her upside-down life, after two short hours, not knowing if she'd be OK or if I'd ever see or hear from her again. I just knew it was what I was supposed to do.

Over the next several days and weeks, whenever I wondered about her, I'd lift her up in prayer. It's one of my habits: To think of you is to pray for you.



To think of you is to pray for you.



And then, one day, it happened. I was coming out of a building as she was walking in. We nearly collided. To my shock and amazement, her face lit up like the sun, she gave me a huge hug, and she said, "Oh! It's you! I can't believe I get to see you!"

She went on to tell me how things had totally turned around after our meeting. Her husband, who'd been a drunk on the couch for months, had gotten up, found a job, and was participating in the family again. She gushed gratitude as she ran off toward her next appointment.

Stuff like this happens to me all the time as I yield my availability, mind, and body to God as a flow through vessel.

One day, when I needed to leave home for a meeting in less than 15 minutes, a random thought popped into my head. "Go mow the front lawn."

It was a crazy thought. It would take me nearly that long just to get the mower out and gassed up. I'd barely start mowing when I'd have to leave. But the thought was persistent. "Go mow the front lawn."

So, being a flow through vessel for God, I did. By faith, I chose to go mow the front lawn even though it made no sense to do so right then.

I'd taken just one pass around the external rim of the yard and was at the corner when I saw Sandy, a neighbor from six blocks up. She was biking and began to slow down as she noticed me in the yard. She pulled alongside the curb and said, "Oh, Marnie! Good! I needed to find someone who knew when AWANA was starting. Do you know?"

AWANA, which is a program that helps children understand the love of God, was scheduled to start that week.

As Sandy pulled away, waving her thanks, I walked the mower back to the garage where it would sit idle until that evening, when I'd scheduled time to do the whole lawn.

Then there was the day the thought came into my mind to check on a friend I hadn't seen for a while. Terry's well-being kept coming into my thoughts so persistently that I decided to swing by her house and check.

Upon arriving, I rang the bell. A frazzled-looking Terry answered the door. Apologetically, she explained she didn't have time to talk to me because she had 40 people coming for dinner in two hours and she wasn't near ready.

I said, "That's why I'm here! God put you on my heart because He knew you needed help. What can I do for you?"

Astounded, she immediately thought of three specific tasks for me to do. After an hour, she looked at me and said, "I think I'm ready to go take a shower and get dressed. We're done here. Thank you!"

Simple, silly, and inconsequential? Maybe. But these stories show what it's like to live everyday life as a flow through vessel: available to God with His love flowing through as He deems best.

Sometimes God's flow takes us way out of our comfort zone. One such experience started for me at 7 AM on a Sunday when all of a sudden I had this random thought, "Call Madison." The instruction was crazy. First, I wouldn't call anybody early on a Sunday morning. Next, I barely knew this gal, but what I did know was that she'd just had a baby. There was no way I was waking her up just because her name had fluttered through my thoughts.

Still, the voice in my heart persisted, "Call Madison."

After much prayer and pacing, and with sweating palms, I gave in to God and called. The transpiring events still take my breath away, but more on that later.



God wants to flow to you, then through you, to everyone around you.



Being a flow through vessel for God is good for God, good for you, and good for others, too. Not only does God get His work done, but you get the benefit of being His tool, messenger, gift-giver, or whatever. Along the way, others receive God's gifts through

you. In the end, God plans to reward you for your willingness to be used as His flow through vessel.

Definition of a Flow Through Vessel

The simplest description of a flow through vessel is a drinking straw. You stick a straw into a cup, suck in, and whatever is in the cup ends up in your mouth, delicious or not. The straw is the flow through vessel delivering the liquid from the cup to your mouth.

The more official definition of a flow through vessel is this:

**A flow through vessel is any
non-resistant conduit
willing to transmit a substance
from one location, form, or usefulness to another,
for its intended application.**

God used my mysterious mowing moments to personally invite Sandy and her son into a closer relationship with Him. He used my willingness to call Madison at a ridiculous time of day to meet a surprising need in her life. God wants to use you, too.

In the chapters to follow, we'll discuss the two main ways God uses us to be His flow through vessels:

- 1. Direct Flow Throughs (DFTs).** These transport a substance, without changing it, from one location to another. DFT examples include straws, tubes, hoses and pipes. We are DFTs when God flows His love through us to others.
- 2. Metamorphic Flow Throughs (MFTs).** These deliver the original substance only after a change to either its form or usefulness. MFTs include corrective lenses, the human body, and more. We serve as MFTs when God's presence through us changes the perspective or experience of another person.



God is my safety net should I fall, my physician when I get hurt, and my heavenly home when I die.



As people come near you, like an elevator serving as a DFT, your influence takes their spirits up or down. At other times, like a purifying water cooler serving as an MFT, you have the opportunity to invigorate and recharge people who are spiritually dying of thirst.

God wants to flow to you, then through you, to everyone around you.

You Are Already a Flow Through Vessel

Until this moment, you may have been mostly unaware of what is flowing through you, but that's about to change. We are going to look at all types of flow through vessels from wind pipes to water hoses. Some will be straight forward, like the drinking straw, while others less obvious, like a pair of sunglasses, changing the perception of the sun flowing through them, from glaring to a gentle glow.

Appendices



Appendix I

Scripture Index

The following Scriptures are referred to in this book.

Acts 4:12

Acts 5:1-10

Acts 7:54-60

Acts 9:36-42

Acts 10:20-29

Acts 12:4-10

Acts 14:19-20

Acts 14:22

Acts 15:32

Acts 19:13-16

Acts 27:16

Amos 5:21

Colossians 1:15

Colossians 2:3

Colossians 3:1-4

Colossians 3:13

Colossians 3:24

Colossians 4:7

Daniel 3:17-18

Daniel 6

Deuteronomy 6:16

Deuteronomy 6:24

Ecclesiastes 1:1

Ecclesiastes 2:17

Ecclesiastes 2:25

Flow Through Vessel

Being a flow through vessel for God is radically different from a life of trying harder to please Him. In these pages you'll discover...

- How to stop being a flow through vessel for everyone else's junk and start being a flow through for God's love.
- How to tap into life-giving responses to toxic verbal input from others.
- The amazing reason why God loves and forgives you no matter what you've done or what you will ever do.
- The four most common reasons habit change attempts fail and exactly what you can do progress toward your goals.
- How to move from immature to mature faith in God.
- The surprising power of asking "why" questions.
- The #1 confusion about trusting God, and how to get past it into peace.
- How to face every challenge with faith, no matter how huge, how hopeless things appear, or how afraid you feel, paralyzed by fear.
- How to overcome any habit or addiction in God's time and way, starting with small changes you can adopt today.
- How being a flow through vessel for God is radically different from a life of trying harder to please Him.
- How to tap into God's supernatural power anytime, anywhere, and in any circumstance, using God's love and resources to meet the need.
- How to let God flow through you to everyone you meet.



Marnie Swedberg is the online mentor to over 14,000 leaders from 30 countries and the author of 13 "how-to" books. She manages the family restaurant and retail store, hosts a syndicated radio talk show, and is the webhostess of several major websites including www.WomenSpeakers.com. Learn more at www.Marnie.com.



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