

# NETCAST SERMON NOTES

**Series:** This Isn't Normal

**Date:** April 26th, 2026

**Title:** You're Full Of It

**Speaker:** Travis Boyd

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**Key Scripture:** Philippians 1:7-11; Romans 12:2; Ephesians 2:10

**The Big Idea:** What fills your heart will overflow from your life. You cannot produce what you do not possess; you must receive righteousness to reflect it.

## A Supernatural Affection

Paul doesn't just have the church on his mind; he holds them in his heart with a "supernatural love." This isn't a distant leadership style or a natural feeling—it is Christ's love channeled through Paul. This type of love is sacrificial, moving beyond "passing someone in the lobby" to supporting one another in times of need.

The Interconnected Heart and Head

Paul prays for love to abound "with knowledge and all discernment." The Bible views the heart and head as interconnected.

- Discernment: Without God's truth, we lack the ability to tell the difference between love and lust or excellence and indifference.
- The Goal: We need a renewed mind to "approve what is excellent" so that our love moves from theory into practical action.

## Two Sides of Righteousness

When Paul speaks of being "pure and blameless," he is describing a two-fold theological process:

1. Imputed Righteousness (Justification): A courtroom reality where God declares you righteous. You don't earn it; Jesus gives you His "resume" in exchange for your sin.
2. Imparted Righteousness (Sanctification): A daily reality where the Holy Spirit begins forming righteousness in you. Your desires, reactions, and character begin to change as you are transformed into the image of Jesus.

## The Analogy of the Cup

We often live like an empty cup, shaking it and trying to manufacture patience or love out of thin air.

- The Reality: You cannot manufacture love; you can only receive it.
- The Shift: When you "abide" in Jesus, you stop trying to create and start receiving.
- The Test: When life "squeezes" you, whatever you have been receiving is what will overflow. If you are full of anxiety, control, or bitterness, that is what will spill out under pressure.

Call to Action: Pay attention to what comes out of you this week when you are "squeezed" by pressure—what does that overflow reveal about what you are currently filling yourself with?