

This Cup: My Cup Overflows...

We are embarking on a special journey together. A journey that will take us deep into the heart of God's Word using a simple, everyday object: a cup. From the cup of suffering to the cup of blessing, this humble vessel holds powerful Biblical truths about our relationship with God and with one another. Let's open our hearts to what the Holy Spirit will teach us about the "Cups" of our lives.

5 You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. (Psalm 23:5)

The imagery of the overflowing cup from Psalm 23 is a symbol of God's generous care, peace, and favor. David expressed his gratitude to God for all He had done in the highs and lows life offers.

The Shepherd's Care

The Lord is my shepherd; I shall not want. 2 He makes me lie down in green pastures. He leads me beside still waters. 3 He restores my soul. He leads me in paths of righteousness for his name's sake. 4 Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

5 You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. 6 Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever. (Psalm 23)

What's the point: The overflowing cup speaks to a surplus, not just of physical needs, but of God's anointing and spiritual abundance. Where does your cup overflow? How can you better identify these?

God's Amazing Grace

20 Now the law came in to increase the trespass, but where sin increased, grace abounded all the more, 21 so that, as sin reigned in death, grace also might reign through righteousness leading to eternal life through Jesus Christ our Lord. (Romans 5:20-21)

What's the point: The cup is a picture of God's overwhelming and undeserved grace in our lives. How is God's grace an undeniable gift of abundance from God? Praise Him for it.

A Wellspring, Not a Reservoir

13 Jesus said to her, "Everyone who drinks of this water will be thirsty again, 14 but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life." John 4:13-14

What's the point: Our overflowing cup is meant to be shared. Out of abundance, give abundantly. How are you sharing your story, God's grace, and forgiveness around you?

Your cup overflows with God's grace. Praise Him for it!

The Second Mile: *Going Beyond Sunday*

Let's dig deeper together to see how God is calling and equipping each of us to reach the lost.

Monday – The overflowing cup speaks to a surplus, not just of physical needs, but of God's anointing and spiritual abundance. Where does your cup overflow? How can you better identify these?

Tuesday – The cup is a picture of God's overwhelming and undeserved grace in our lives. How is God's grace an undeniable gift of abundance from God? Praise Him for it.

Wednesday – Our overflowing cup is meant to be shared. Out of abundance, give abundantly. How are you sharing your story, God's grace, and forgiveness around you?

Thursday – We often walk passed abundance in our lives to reach what we don't have. Why do we do this? What is God trying to teach you in both abundance and lack?

Friday – God provides all we will ever need in Jesus. How has He kept you well fed spiritually? Why/how is He sufficient to meet all your needs?