MY CUP RUNNETH OVER

**DATE: 10/20/2013 am**

**TEXT: Psalm 23:5c – *“my cup runneth over”***

**INTRODUCTION**

We are continuing to look at the **23rd Psalm**

*Finding help to Face the Days Ahead*

To get the *right perspective* of the Days Ahead …

It is sometimes good to look back at our *Past*

We can look at life 2 ways …

As something Positive, or as something Negative

We can look back with *Regret* or with *Rejoicing*

There are those who see the glass *Half Full* and others who see it *Half Empty*

**Ill.** I read the story of two men that went to the same Church. One heard the organist miss a note and winced. He saw a teenager talking when everyone was supposed to be “bowed in prayer.” He felt the usher was watching as he put his offering in the plate. He caught the preacher making a slip of the tongue 5 times, and as he walked out he said to himself, *“What good does it do for me to come to Church.”*

Another man heard the organist play the same arrangement and was thrilled by the majesty of it. He was moved by a young girl who gave her testimony and told of how her faith made a difference in her life. He was glad when they received an offering for missions. He especially appreciated the sermon for it answered a question he had been bothered with for a long time.

As he left the service that day he said to himself, *“How can anyone come here and not feel the presence of the Lord.”* Both men went to the same Church and attended the same service *and can I say,* each found what they were looking for.

There are those that look at life and only see the *Negative*

While others see the *Positive*

Someone can look back and see all the trials

And become bitter that their life was so difficult

While another can look back at the trials and be blessed by how the trials strengthened, matured, and were used of God to bring them closer

As we near the end of the **23rd Psalm** I see David *looking back*

He looks back and says - *“God has been so good to me”*

David declares - ***“My cup runneth over”***

David’s life had not been without *Disappointment* and *Difficulties*

His life had not been immune from *Sorrow* and *Suffering*

His life had not escaped *Fear* and *Failure*

He hadn’t been without *Pain* and *Peril*

Yet, David looks at life as *Full,* and *Not Empty*

I can sense the emotion in his voice as he says –

***“My cup runneth over”***

We saw (in our last study) the shepherd bringing his sheep into the sheepfold

As they entered in, they passed under the rod and were counted …

The shepherd would give each of his sheep his personal attention

If they were Wounded or Weary he would apply oil to their hurts

We saw David in the statement – ***“thou anointest my head with oil;” …***

Likening the work of the Shepherd to our Heavenly Father’s love for us

Now in the words, ***“My cup runneth over”***

David is Declaring how good God had been to him and all the blessings he has enjoyed and experienced in life

The Cup is Symbolic of the Blessings of the Lord

David’s words are a Description of God’s Blessings

Like David, God has been good to each of us, and we all drink from His Cup of Blessing

There is not one; regardless of their life, that God hasn’t been good to

We all have been Blessed

Let’s think about our ***“cup”*** and about how good God has been

Let’s pray and think on this thought –

***“My Cup Runneth Over”***

**~~~Prayer~~~**

First, as I consider David’s words I think of the -

**I. THE “ABUNDANCE” OF BLESSINGS**

David spoke of his Cup **“*running over”***

He is Not Describing a *drop* or *sip*

His Cup was full – filled to the brim

David was saying, *“God has blessed me to the point of it overflowing”*

As I think about this Cup I am mindful of -

**A. The ‘Generous’ Blessings**

When the sheep entered the sheepfold at night the shepherd not only Counted them and Cared for them

But he also would Allow them to drink out of his Cup

The shepherd did not give them a ½ Cup, but a Full Cup

The conditions in the Middle-East are Arid, little water

But here we have the shepherd dipping into a bucket

And filling his Cup to the brim

That’s how David saw how good God had been to him

His Cup was Running Over

David says in **Psalm 16:5 –**

***“The Lord is the portion of mine inheritance and of my cup”***

The word***“portion”*** speaks of something that is very large

David was saying that the Lord had filled his Cup with a *Generous* portion

In **Psalm 73:10** we read –

***“Therefore His people return hither: and waters of a full cup are wrung out to them”***

God’s Cup is always Full with Blessings whether we regard it or not

**1.** The Simple Blessings

**Matthew 5:45** tells us that God –

***“maketh His sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust”***

All men enjoy these Simple Blessings

They are Blessings that flow from God’s Cup to all His creatures, saved or lost

**2.** The Special Blessings …

Are those Extraordinary gifts that come because we are saved

David said in **Psalm 116:13 –**

***“I will take the cup of salvation, and call upon the name of the Lord”***

Are you able to say - ***“The Lord is my Shepherd”***

These Special Blessings are the ones that come from the Cup of Salvation

Talking about a full Cup!

The Cup of Salvation indeed runs over

**Quote:** A.T. Pierson once tried to preach a message on God’s blessings as described in Ephesians 1—3. This portion of Scripture speaks of the unsearchable riches we have in the Lord Jesus. Pierson said, *“In the words of the text, ‘the unsearchable riches of Christ,’ ‘unsearchable’ literally means riches that cannot be explored. You not only cannot count or measure them, but you can form no estimate of them; and you not only can form no estimate of them, but you never can get to the end of your investigation.”*

When we stop and think of how good God has been

We cannot *Measure* His blessings

**Quote:** Someone else wrote this about our Blessings.

They are:

An acceptance that can never be questioned

An inheritance that can never be lost

A deliverance that can never be excelled

A grace that can never be limited

A hope that can never be disappointed

A bounty that can never be withdrawn

A joy that need never be diminished

A nearness to God that can never be reversed

A peace that can never be disturbed

A righteousness that can never be tarnished

A salvation that can never be canceled

This list only scratches the surface

Let me put it another way, all those wonderful things are only a *drop in an overflowing cup*

The Cup of Salvation is full and running over!

The Truth about God’s Blessings is …

Whether Simple or Special,

They come to us in a Full Cup

When someone looks at God’s creation and sees the innumerable …

- Leaves on a single tree

- Blades of grass in a field

- Rivers, lakes, and seas

- Stars in the night sky

They all testify that God’s blessings come to us in a Full Cup

We are Blessed! God has been so good to us!

Can you say that the Lord is your Shepherd?

If so, then you are the recipient of a Full Cup of Blessing

When I think of this Cup

I not only think of how …

**‘Generous’ God’s Blessings are**

But also of -

**B. The ‘Gracious’ Blessings** (unmerited)

All that the shepherd has done for his sheep …

Has been done because of the shepherd’s Love

- Every path he has taken them on

- Every need he has met for them

- Every act of devotion

Has come from his Love for the sheep

Why does the shepherd give his sheep a Full Cup?

It is because of his Love for the sheep

I think of all the blessings we experience and enjoy

Why have we been given such a Full Cup?

It is certainly not because we deserve it or have merited them in any fashion

We were all lost sheep until one day the Shepherd found us

The blessings we enjoy are blessings that are ours for no other reason than the Lord’s Love

All our blessings Come from God’s Grace

When I stop and think about the blessings I enjoy,

How***my cup runneth over****,* and the fact that I don’t deserve any of my blessings;

It’s then, I realize how good God has been to me

It’s a Generous portion and is the every expression of God’s Graciousness

We are so unworthy of the Father’s Affection and Attention …

Yet, His open hand is but an Extension and Expression of His open heart

In spite of what we are, He stills sets before us an *overflowing cup*

I think of when the prodigal returned to the father

After his behavior, he was certainly unworthy and undeserving of any goodness on the part of his father

He even confessed that he was no longer worthy to be called his son

Yet upon his return, the father put on him the best robe, put a ring on his finger and shoes on his feet, and killed the fatted calf

With God, it is always (think at the adjectives)

- The Best robe

- The Fatted calf

-The joy that is Unspeakable

- The grace that is always Abounding

- The peace that passes All Understanding

- The mercies being New every morning

He does not bring us a Cup with a sip

But a Cup that is Full, in spite of Who or What we are

How Gracious are His Blessings

We should never be guilty of Sulking at what we think God has not done

We should be Stunned at all He has done!

We have to say with the Psalmist

**Psalm 68:19 - *“Blessed be the Lord, who daily loadeth us with benefits”***

**Psalm 126:3 - *“The Lord hath done great things for us; whereof we are glad”***

Secondly, as we consider David’s words –

***“My cup runneth over,”***

I not only see …

**“ABUNDANT” BLESSINGS**

But also -

**II. THE “APPROPRIATED” BLESSINGS**

When I use the term *Appropriated* I’m talking about taking something that belongs or is Associated with Someone else

In our case, I’m talking about what belongs to God

God has Blessings that are Available

As the sheep return to the sheepfold the shepherd provided for each of his sheep a Full Cup

It was cool water to Refresh them after the long day

It was theirs to take and drink, to quench their thirst

All they had to do is drink

It is theirs for the taking

When David speaks of his Cup Running Over he is describing how he is drinking from God’s Cup

The Lord’s blessings in our life are like a Cup from which we are to drink

Why did the shepherd place before his sheep a Full Cup?

Let me suggest 2 reasons why

Why we should drink from the Cup of the Lord

First, the water in the Cup is for -

**A. Our ‘Strength & Refreshment’**

Think of the scene again

The sheep have been out all day

The shepherd has led them into green pastures and beside the still waters

But in the evening they began the journey home

And by the time they’ve reached the sheepfold,

They would be tired, hot, and thirsty

Awaiting them though, would be this cool drink of water from the shepherd’s cup to provide Strength and Refreshment

God’s Numerous Blessings in our life are a constant source of Strength and Refreshment

The days of our life are often Arduous and Tiring

The events of each day have a way of Depleting our Strength

Yet, the Constant Flow of God’s Blessings is like a drink of cool water to our Wasted and Wilting soul

**Song:** I think of Annie Johnson Flint’s great hymn, *He Giveth More Grace: “When we have exhausted our store of endurance, When our strength has failed ere the day is half done, When we reach the end of our hoarded resources, Our Father’s full giving is only begun”*

How ‘**Refreshing’** are the numerous blessings of God in our life

Furthermore, I think of how God’s Blessings are given for -

**B. Our ‘Enjoyment’**

God blesses us not only to Help us, but oftentimes just to Bless us

If the day had been easy for the sheep, still the shepherd would share his cup

If not for their Strength and Refreshment, it was for their Enjoyment

We do not always take a cool glass of water or some other beverage because we are thirsty

There are times we do so just for the Enjoyment of it

(Now I’m not talking about adult beverages)

There are times when God blesses us just because He wants us to be blessed

He wants us to enjoy Him and all that He is and has for us

Of course, those blessings always result in our spiritual benefit and edification,

But oftentimes they just flow out of His desire to bless us

There is a lovely picture in the words, ***“my cup runneth over”***

The Overflowing Cup is not just that the shepherd fills the cup to the brim and the water runs down the side

The picture describes how the sheep would drink from the cup

The shepherd would fill his cup to the brim

Then the sheep would be so excited that without thought would stick their nose deep into the cup

Right up to their eyes causing the cup to run over

(Of course the sheep couldn’t drink that way, and would have pull it out)

The simplest way I can say it is; that when it comes to the blessings of God, I want to stick my head in as deep as I can

I want to get in so deep that I’m blowing bubbles

(Just like bobbing for apples)

**Psalm 107:23b, 24 – *“They that do business on great waters;” “These see the works of the LORD, and His wonders in the deep”***

When it comes to God’s blessings we should drink deep from His cup

His blessings are abundant

As His sheep, let’s stick our head in and drink of those blessings

Let God’s abundant cup be water that will Refresh you

Enjoy all that God does for you

Drink from His blessings to meet your need

For **‘Strength and Refreshment’** and …

For **‘Enjoyment’**

**THE “APPROPRIATED” BLESSINGS**

**THE “ABUNDANT” BLESSINGS**

As I think of God’s Blessings and how good He has been to us …

There is one final thought that comes to mind

Lastly, when I think of God’s Blessings I think of -

**III. THE “APPRECIATED” BLESSINGS**

The Goodness of God in David’s life …

…and the Numerous Blessings he enjoyed …

Flowed from his Heart to his Lips and he Shouts –

***“My cup runneth over”***

The Overflowing Cup should always be followed by the Overflowing Song

All that God has done for us should -

**A. Overflow in a ‘Thankful’ Heart**

**Quote:** Matthew Henry the great commentator was saved at the age of 10, and even in his young life he exemplified a spiritual maturity and comprehension of spiritual things well beyond his years. In October of 1675 at the age of 13 he made an entry in his journal that he called, “A Catalog of the Mercies of God.” He wrote:

*“For spiritual mercies; for the Lord Jesus Christ, His incarnation, Life, Death, Resurrection, Ascension and Intercession, for the Grace, Pardon, Peace, for the Word, the means of Grace, for Prayer, for good Instructions, for the Good I have got at any time under the Word, for any Succour and Help from God under Temptation, for Brokenness of Heart, for an Enlightening. Lord Jesus, I bless thee for thy Word … and I give thee thanks, that I am thine and will be thine.”*

All of us should have our catalog of the Mercies of God

How grateful, thankful, appreciative are you of all God has done for us?

How can we not lift our hearts and hands and not give Him praise for how good He has been to us?

Instead of Pouting, we should be Shouting!

The Psalmist said in **Psalm 79:13 –**

***“So we thy people and sheep of thy pasture will give thee thanks for ever: we will shew forth thy praise to all generations”***

How can we be inhibited or restricted in our public expressions of thanksgiving?

How can we be silent or slow to personally offer to the Lord our gratitude and praise?

After all He has done for us; it is nothing short of sin for our hearts not to overflow in thankfulness

Say “Amen” once in a while**,** Give Him a little wave

**Quote:** Someone once said that, *“The greater God’s gifts and the greater God’s works, the less they are regarded.”*

I’m afraid that’s the way it is in so in many cases

But I must ask, how can we regard God’s blessings so lightly?

Our hearts ought to overflow with praise and thanksgiving

**Book:** Barbara Ann Kipfer as a shy teenager began keeping a list of her favorite things. Soon the list became second nature. She found herself making additions while riding the bus, eating breakfast, and even in the middle of the night. Twenty years and dozens of spiral notebooks later, her list was published as a book entitled *14,000 Things to Be Happy About.*

Why don’t you start making a list and counting your many blessings?

**Song:** Count your Blessings, Name them One by One

I can assure you it won’t be long that you will come up with many things to be thankful for

**An Overflow of a ‘Thankful’ Heart**

Finally, let me say that God’s Blessings should -

**B. Overflow in a ‘Trusting’ Heart**

Our Cups do overflow with many of the blessings we have already seen throughout **23rd Psalm**

These blessings include …

- His Constant Care for us

- His Always has our best in mind

- His Provision, Protection & Constant Presence

All through this Psalm we have been reminded that all the days of our life He will meet our every need

All these blessings assure us that we can Trust Him

They assure us that He is all we need to face all the days Ahead

Whatever path He may lead us on,

Whether paths of righteousness or through the valley of the shadow of death, He can be Trusted

As we attempt to measure our blessings, may we look up to Him and say,

- Lord, you are my shepherd, therefore I will Trust you

- I will follow you wherever you lead

- I will listen for your voice

Seeing how good He has been to us, in every situation of life, why would we Not Trust Him?

I think each of you can say with me,

***“My Cup Runneth Over”***

You know …

Sticking your nose down in His cup is one of the ways you can face the days that are ahead

**THE “ABUNDANT” BLESSINGS**

**THE “APPROPRIATED” BLESSINGS**

**THE “APPRECIATED” BLESSINGS**