

Title: "My Cup Runneth Over"

Scripture: Psalm 23:5

Speaker: Vic Redding

Event: Sunday Morning Service

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**Psalm 23:5** *"Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over."*

When reading this Psalm, we assume that everything is going great in the life of the writer, and it was. David was the writer of this Psalm. He was the king of all – the land was no longer divided. What God was trying to say here was that David was the king of Jerusalem and it was well in his soul. Is it well in your soul? Do you know that everything is well within you? It's a hopeless life if you go throughout it not knowing that he is ruler of your soul. David mentions several things in this Psalm:

1. He mentions wants, but wants for nothing
2. He mentions danger but has no fear
3. He mentions enemies but they have no power

Five times David mentions the personal pronoun "my". By doing this, David identified himself as having a personal relationship with the Lord. You can say that the Lord is the shepherd but still be lost. You can say that the Lord is a shepherd but can still be lost and go to a devil's hell. However when you say that the Lord is MY shepherd, you are saying that the Lord is ruler of your life. David was referring to the relationship he had with the Lord. There are four cups that have spiritual meaning to them. Three of those, every child of God should partake of. The fourth cup should never be mentioned when speaking about the child of God.

#### **The Four Cups Mentioned Throughout Scripture:**

1. **Cup of Blessing:** David said "my cup runneth over". He said there was so much that he had been blessed with that his cup ran over. I Corinthians 10:16 *"The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ?"* When we partake of the cup of blessing [communion], we are testifying something. We are giving glory about something. There are three things to identify with when partaking of this cup:
  - a. Identifies with the death of Christ on the cross for our sins
  - b. Identifies with the resurrection of Christ from the grave
  - c. Identifies with the promise of His coming

It contains unlimited blessings. Romans 8:32 says *"He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?"* What do you have? We are living in homes, wearing clothes, driving cars, eating food, working jobs, which God has provided for us. In addition to all of our material blessings, he has blessed us by working in our lives and by simply being there for us.

2. **Cup of Service:** it is said in Matthew 10:42 *"And whosoever shall give to drink unto one of these little ones a cup of cold water only in the name of a disciple, verily I say unto you, he shall in no wise lose his reward."* Mark 9:38-41 *"And John answered him, saying, Master, we saw one casting out devils in thy name, and he followeth not us: and we forbid him, because he followeth not us. But Jesus said, Forbid him not: for there is no man which shall do a miracle in my name, that can lightly speak evil of me. For he that is not against us is on our part. For whosoever shall give you a cup of water to drink in my name, because ye belong to Christ, verily I say unto you, he shall not lose his reward."* A simple cup of water does not escape God's eyes. If you are partaking in the cup of blessing, then you should be taking from the cup of service. In the church we have those that can sit and watch those that are doing the service and want to partake from the cup of blessing but don't want to do any service. We should want to do service for the Lord. Titus 3:8 *"This is a faithful saying, and these things I will that thou affirm constantly,*

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*that they which have believed in God might be careful to maintain good works. These things are good and profitable unto men.*" That phrase "profitable unto men" means that if you let God work in your life, he will use you to make a difference in men's lives.

3. **Cup of Sorrow and Suffering:** When king David said "my cup runneth over", there was no doubt that God had blessed him but it wasn't always that way. Saul hated David and threatened to kill him. His own men threatened his life. His own son Absalom sought to destroy and dethrone his father. David encountered his time of sorrow and suffering. II Samuel 18:33 *"And the king was much moved, and went up to the chamber over the gate, and wept: and as he went, thus he said, O my son Absalom, my son, my son Absalom! would God I had died for thee, O Absalom, my son, my son!"* This shows the love that a father had for his son even though his son had tried to dethrone him. He was in deep sorrow. Christ suffered a task much greater than watching his son betray him and die. He had to die to take on the sins of each one of us. When we go through times of suffering and sorrow God ministers to us. Even in the midst of suffering and sorrow God make promises to help us and encourage us no matter what it is. Romans 8:37 *"Nay, in all these things we are more than conquerors through him that loved us."*
4. **Cup of Compromise:** I Corinthians 10:21 *"Ye cannot drink the cup of the Lord, and the cup of devils: ye cannot be partakers of the Lord's table, and of the table of devils."* We cannot serve two masters. Our lives can be filled with compromise; especially before we come to know Christ. We compromise our values, morals, purity, and beliefs. When God saved you, did he break the load of sin on your life? It's something we struggle with but He has set us free. Our lives are hopeless without Christ. When we can't understand what's going on around us, when friends let us down, when we lose all hope, Christ is there.

Are you trying to live for Jesus with one foot in the world and another foot in church? When compromise creeps in to a Christian's life, it means that the world has some of them but Christ wants all of them. Joshua 24:15 *"And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the LORD."* What is your cup filled with? Where are you at?