

MORE THAN YOU CAN CONTAIN

PART 10 THE SHEPHARD PSALM 2020

Psalm 23:5 Berean Study **SLIDE**

You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

WE SEE HERE MY CUP IS **OVERFLOWING**

There is nothing mediocre or conservative about this thought.

It's radical. My cup is not just filled to the brim, it's flowing past the brim ...

This is yet another blessing of being in fellowship with the Father and the Son at the table.

WHAT CAUSES MY CUP TO OVERFLOW?

SLIDE MY CUP OVERFLOWS IN RESPONSE TO HIS
OVERWHELMING PRESENCE

Here in his banqueting house I am accepted in the place of overwhelming glory and goodness. And now, I cannot contain what I am feeling bubbling up from within me.

**THIS PLACE IS BIGGER THAN ME ... I AM OUT OF MY DEPTH ...
I HAVE TO LET GO ...**

My spirit begins to respond ... inside I start to bubble up ... and I start to overflow ... **BECAUSE I AM OVERWHELMED BY HIS GREATNESS ...**

**WHEN THE QUEEN OF SHEBA SAW THE GREATNESS OF SOLOMON'S TABLE ...
WE ARE TOLD ... SHE HAD NO SPIRIT LEFT IN HER.**

SHE WAS OVERWHELMED. (1 Kings 10:4-5. See his provisions [1 Kings 4:22-23](#))

HE HAS BROUGHT YOU INTO HIS BANQUETING TABLE.

I AM BROUGHT INTO A PLACE GREATER THAN ME.

NB: HE'S NOT NOW SUPPING WITH ME, on my meagre food ...

I'M SUPPING WITH HIM at His Banqueting Table. (See Revelation 3:20)

JESUS SPOKE OF THE HOLY SPIRIT -

John 16:13

*... When He, the Spirit of truth, has come, He will guide you **into** all truth ...*

Into the very experience of truth ...

It's bigger than me.

SLIDE MY CUP OVERFLOWS PAST ALL RELIGIOUS BOUNDARIES

IN DOWNTON ABBEY, SLIDE they were trying to maintain their upper-class formal traditions. They had a 'butler's-stick' which measured the exact settings of the dining table. And the glasses had to be filled to an exact level.

But at the King's table my cup overflows ... past all religious traditions, customs and protocol.

IT CANNOT BE CONTAINED WITHIN RELIGIOUS TRADITIONS

THE JEWS WERE BOUND UP BY CEREMONIAL LAW.

Everything had to be done a certain way. They held onto strict protocols.

However, we also have our **church traditions** which we hang onto and hide behind. There is security in our church traditions.

BUT HERE, AT THE KING'S TABLE, I AM RELEASED FROM ALL RELIGIOUS OBLIGATIONS.

All conservative restrictions are overridden and we are released from all stifling traditions because freedom in Christ breaks all legal boundaries.

My inhibitions are superseded; the pride of my flesh is surpassed; the fear of what men may say is left behind ... Here, I'm being set free to be who I already am.

**MY HEART GROWS AS BOLD AS A LION & SWELLS WITH LIFE & SUBSTANCE ...
AND I OVERFLOW ...**

SLIDE MY CUP OVERFLOWS FROM A FOUNTAIN WITHIN ME

UNLIKE THE TABLE WHICH HE PREPARED ...

AND MY HEAD WHICH HE ANOINTED ...

With this experience of overflowing, the Lord doesn't do anything directly to make it happen!

IT JUST ORGANICALLY HAPPENS AS A RESULT OF BEING HERE IN FELLOWSHIP WITH THE FATHER & THE SON.

Look at everything the Lord has directly done for us up until now in psalm 23. He has led me to lie down ... His rod and staff comforted me ... He prepared the Table ... He anointed my head ...

BUT WHEN I OVERFLOW, HE IS NOT DIRECTLY DOING ANYTHING.

IT IS SOMETHING THAT'S HAPPENING AS A RESULT OF US BEING THERE, AT THE TABLE IN FELLOWSHIP WITH HIM.

NO EXTERNAL HAND

THERE IS NO EXTERNAL HAND POURING INTO THE CUP ...

*We used to very sincerely sing the song,
'Here's my cup Lord, I lift it up Lord,
Come and quench this thirsting of my soul,
Bread of heaven, feed me till I want no more,
Here's my cup, fill it up and make me whole'.*

As believers we used to sing it again and again wanting more of God. But we were never told, **GOD IS NOT POURING LIFE INTO ME FROM ABOVE -** Because He has already imparted all the life we need into us, and it's already within us.

When I originally made our poster to promote this message, I took it from the original painting which you see here. **SLIDE** It has the cup being filled to overflowing from above by a bottle held by an external hand. This is the traditional concept.

BUT AS I LOOKED ON IT AGAIN & AGAIN, I FELT UNEASY ... UNTIL I REALISED IT WAS INCORRECT. GOD ISN'T POURING LIFE INTO US FROM ABOVE. SO I HAD TO CHANGE THE PICTURE TO THIS ONE THAT WE USED. SLIDE - A CUP OVERFLOWING WITHOUT ANY EXTERNAL HAND POURING INTO IT.

LOOK AT WHAT OUR TEXT DOESN'T SAY

IT DOESN'T SAY MY CUP IS 'FILLED' TO OVERFLOWING ... IT JUST SAYS *IT 'OVERFLOWS'* ...
IT DOESN'T TALK ABOUT THE FILLING ... IT TALKS ABOUT THE OVERFLOWING.

THE TRUTH IS, MY CUP IS NOT BEING FILLED FROM ABOVE BY THE LORD ... *MY CUP IS ORGANICALLY OVERFLOWING FROM AN INTERNAL RESERVOIR WITHIN ME*

LOOK HOW JESUS SAID IT

John 4:14 **SLIDE**

... *Whoever drinks [ONCE (AORIST TENSE)] of the water that I shall give him will never [EVER] thirst [EVER AGAIN]. But the water that I*

shall give him will become in him a fountain of [LIVING] water springing up [BUBBLING UP] into everlasting life.

NB THIS FOUNTAIN IS SPRINGING UP. **IT IS OVERFLOWING ...**

NB: THIS FOUNTAIN IS FLOWING FROM **WITHIN ME ...**

THIS IS LIVING WATER (John 4:10) ... OVERFLOWING IN ME & THROUGH ME ...

THIS IS ETERNAL LIFE ... BUBBLING UP FROM OUR SPIRIT ...

IT'S NOT BEING POURED IN FROM ABOVE, BUT BUBBLING UP FROM BENEATH.

WE HAVE HAD THIS LIFE WITHIN US FROM THE MOMENT WE WERE BORN AGAIN ...

1 John 5:12 NASB

*He who has the Son has **the life**; he who does not have the Son of God does not have **the life**.*

Psalm 45:1 **SLIDE**

My heart is overflowing with a good theme; I recite my composition concerning the King; my tongue is the pen of a ready writer. ²You are fairer than the sons of men; Grace is poured upon [has anointed] Your lips; therefore God has blessed You forever.

WHERE IS THE OVERFLOW COMING FROM? MY HEART

Literally - bubbles with a good matter. It is so full of it that the matter will burst forth. (Pulpit Commentary)

The meaning of its derivative (a "pot," or "cauldron"), have something to do with a liquid, and means either to "boil over" or to "bubble up." The Septuagint and Vulgate have apparently thought of the bursting out of a fountain. (Ellicot)

MARTIN LUTHER

"The heart overflows with gladness, and leaps and dances for the joy it has found in God. In this experience the Holy Spirit is active, and has taught us in the flash of a moment the deep secret of joy.

So, here in this fellowship, my spirit within me starts to rejoice. It starts to swell ... it starts to rise ... and it overflows ...

It's here in this place I start to discover who I really am in Christ and I'm set free to be who I am.

The fact is, I really can't contain myself as I experience God's approval, and I experience great liberty to be me.

Ephesians 3:20

*Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to **the power that works in us.***

NB: Every born again believer has 'the life', but not every believer overflows with this life.

It's one thing to have 'the life' but it's another thing to let this life overflow through you and from you.

WHERE DOES THIS LIFE OVERFLOW TO?

SLIDE I HAVE LISTED 3 AREAS WHERE THIS LIFE FLOWS

1. INWARD IN JOY ... into my soul in Transformation
2. UPWARD IN GRATITUDE to God in Praise and Adoration
3. OUTWARD IN LOVE ... to mankind in Operation

SLIDE

1. **INWARD IN JOY** ... filling my soul with Transformation ... His life within us flows through us engulfing our emotional scars, our sorrows, our depression, our disappointments, our feelings of fear and failure ...

Isaiah 61:3

To console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness ...

SLIDE

HIS BEAUTY ENGULFS OUR ASHES
HIS OIL OF JOY ENGULFS OUR MOURNING
HIS GARMENT OF PRAISE ENGULFS OUR HEAVINESS

Even though the pain and sorrow are still there and your situation may not change ... YOU ARE NOW LIVING FROM ANOTHER PLACE.

NOW DESPITE YOUR SORROW AND GRIEF ...

YOU FEEL HIS JOY BUBBLING UP ...

NB: YOU ARE NOT BEING UNFAITHFUL TO YOUR LOSS OR GRIEF ...

You are handling it with your King ...

You still feel the loss, but not like before ...

HIS JOY ... starts to bubble up in you even while your sorrow remains. You become strong in that joy, for the joy of the Lord is your strength ...

NB: THIS IS NOT FANATICISM ... **THIS IS THE FLOW OF THE SPIRIT OF LIFE.**

THIS IS SOLID JOY THAT CANNOT BE TAKEN AWAY & THAT DOES NOT DEPEND ON CIRCUMSTANCES BEING GOOD ... JOY WHICH NO ONE ... NO THING ... NO CIRCUMSTANCE ... CAN EVER TAKE FROM YOU.

2 Corinthians 7:4 NASB **SLIDE**

*Great is my confidence in you; great is my boasting on your behalf. I am filled with comfort; **I am overflowing with joy in all our affliction.***

- HIS LIFE **WITHIN US** FLOWS **THROUGH US** CHANGING OUR VIEW OF CIRCUMSTANCES **AROUND US**

THIS OVERFLOW IN US CHANGES OUR PERSPECTIVE OF LIFE & CIRCUMSTANCE AROUND US

TESTIMONY

*This week a lady told me, that a while ago she was taken to hospital with a suspected heart problem. They put her through extensive tests, but while everything was happening and machines were flashing etc. she told me she felt **ELATED AND LIKE THE ROOM WAS FILLED WITH LIGHT.***

As she told me this I felt the Lord say to me, 'This is it! This is her cup overflowing.'

Often we don't realize or recognize when this happens to us. It is so organic for the believer who is in fellowship at the table.

WHERE DOES THIS LIFE OVERFLOW TO?

SLIDE

2. **UPWARD IN GRATITUDE** ... to God in Praise and Adoration

Colossians 2:7 BSB **SLIDE**

Rooted and built up in Him, established in the faith as you were taught, and overflowing with thankfulness.

OVERFLOWING - (*perisseuontes*) **to superabound**, be in excess, **be superfluous**;

same root word as Romans 5:20 (- Where sin abounded, grace abounded much more.)

Song of Solomon 1:12 NIV **SLIDE**

While the king was at his table, my perfume spread its fragrance.

This is her spirit overflowing to Him in worship.

CONCLUSION

I exhort you once again to seek His fellowship ...

To draw aside to Him.

He is there waiting for you ...

To seek His Good News and meditate in His word.

In this, you will experience fellowship with Him in your own personal way.

NEXT WEEK:

WHERE DOES THIS LIFE OVERFLOW TO?

3. **OUTWARD IN LOVE** ... to mankind in Operation