

How Full Is Your Cup?

What is your cup full of?

56th and Vine Church of Christ

Sole Cup



Common Use
12 oz the amount of water to drink 5x a day
5 oz the common serving of cereal
1 oz the amount of mouth wash

Even our daily measures are modest — God's cup doesn't just meet the measure, it overflows it.

23rd Psalm



“Thou preparest a table before me in the presence of my enemies: thou anointest my head with oil; my cup runneth over.”

- **How full is your cup?**
- **What is your cup full of?**

Let's Look at the Original Meaning of Psalm 23:5

Breaking it down word by word:

- כּוֹסִי(kosi) — “my cup” — the noun kos (cup) with the first-person singular possessive suffix -i (“my”).
- רְוָיָה(revayah) — “is saturated / overflows” — from the root ר-ו-י(r-v-y), meaning to be drenched, soaked, or abundantly satisfied. It is an adjective meaning “saturated to overflowing.”

What Does “Revayah” Really Mean?

- The Hebrew “revayah” is more of a state of being — the cup is so full it is soaked through, completely saturated.
- The closest common use of “revayah” is a sponge; once it is full, it drips — not an active process, but a passive one.



What Is a Shepherd's Perspective on This Situation?

Sheep are common prey animals, so they are nervously wired for threat detection.



Shepherd's Perspective cont.

Fears that converge at one time:

1. Vulnerability — lowering one's head to drink and not being able to visually track a threat while the



Shepherd's Perspective cont.

A second fear:

2. Crowding Anxiety — herding mentality makes them compete for resources



Shepherd's Perspective cont.

A third fear:

3. Sights and Sounds of Overflowing — spillage communicates abundance; no need to rush or fight because water is on the ground



What Is God Telling Us?



1. Like sheep, his followers can, and need to, lower their heads, drink without fear, and receive God's blessing
2. We can stop competing and striving; items that are plentiful in availability, from God
3. We have certainty that the Lord has already anticipated every need

Matthew 6:8 Do not be like them, for your Father knows what you need before you ask him.

Enough — and Always Enough

There is a distinction between having ENOUGH and **Knowing You Will Always Have Enough!**

- Psalms 24:1 — “The earth is the Lord's and the fullness thereof.”
- Psalms 50:10 — “The cattle on a thousand hills are His.”





So Why Isn't Your Cup Overflowing?



- Are you living a life in fear, looking ahead and all around you with concern about what might happen?
- What stops you from looking down, drinking, and taking what God has provided you vs. the herd or people around you?
- Are you expending too much energy trying to keep up with others rather than focusing on yourself?
- What events or situations make you forget God, he has what you need, in excessive supply?

What Is in Your Cup?

- **Contamination** — Have you allowed impure content to mix with what God pours in?
- **Displacement** — Have you been filling your cup with worldly things, leaving no room for what God offers?
- **Neglect** — Is your cup unattended, so it empties and fills by default based on whatever the environment provides?

Maybe your cup is cracked?



A cracked cup cannot hold what is poured in.

Do you have habitual sins that causes what God pours in to leak out faster than it is replenished?

2 Corinthians 7:10: Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

Philippians 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things.

How Will You Respond?

"What is your cup full of?" ***Today****, you can answer with the gospel.*



1	2	3	4	5
Hear	**Believe**	**Repent**	**Confess**	**Be Baptized**
Romans 10:17	*Hebrews 11:6*	*Acts 17:30*	*Romans 10:9–10*	*Acts 2:38*

Won't you obey the gospel today?