

**Intro:** Remember one night when my youngest daughter was a newborn...having trouble sleeping... She was having trouble...and because of that...so were we!

It was my turn...Got up...took her downstairs...to Rocking Chair

I was overwhelmed just looking at and taking account of ALL of God's blessings

~Daughter

~Rocking Chair

~Lamps

~Entertainment Unit

~Home

~Ministry

That is what is going on in David's heart when we get to verse 5: *"my cup overflows"*

**Overflow:** Lit = to have in abundance, to have more than necessary: Often used: to be satisfied

David talks about it, He is building on the metaphor or figure of speech:

Just like at a feast when the wine is flowing in abundance...so much cup flooded...

So in His life God's goodness is overflowing!

This word is in fact more often used to talk in the OT about either water overflowing or God's blessing than anything else!

**READ PSALM 23:** Thoughts about the Abundance

Look with me at John 4...Where Jesus takes this concept and fully develops it for us!

Uses the same analogy that David did...Only water instead of wine

**1. First Thing I Want You To Notice In This Passage Is The NEED!**

Vs 1-6 *"both at the well"*

- Both had a need for water:

~She had other needs:

Relationship; Companionship; Acceptance; Spiritual need for God

~He had other supply!

In reality he was offering an exchange: We will swap!

- WE have needs as well:

All kinds: Physical things of course: But also share her needs: Spiritual/Emotional

Before we are ready to be satisfied...we have to acknowledge our need

**2. We Have To Be Willing To Let Others Help Us.**

Vs 7

- "Will you give me a drink?" Now, HE didn't REALLY need her help

- But...she needed HIS!

- Just like you and I sometimes...She didn't really even KNOW she needed his help: But she did

~Need for relationship with God

~Need for strength

~Need to deal with the everyday trials of life with a strength beyond our own

- Like her...We have to be open to having Jesus help us

**3. We Have To Be Smart Enough To Avoid False Satisfaction:**

Vs 16-17

- Don't want to belabor the point, or be judgmental

- Reality: She had evidently decided that the hole in her life would be filled with relationships

- That may not be OUR poison of choice...but most of us have one! Might not be hers...but its there!

Here is the KEY: Satan likes nothing better than convincing us that some OTHER THING will satisfy...Not the case

Augustine said: We were created for a relationship with God: "God shaped hole" Hearts never be at peace w/o Him

If we aren't careful, We will fall into the trap he sets for us

Gen 3: They saw it was good for all kinds of things...thought...God is holding out on us!

And they took and ate...and settled for a false satisfaction...that cost them everything!

**4. We Have To Be Willing To Accept And Believe That God Can Truly Satisfy!**

Vs 13-14

- Water from well: Only satisfied for a short period of time

- Water I offer: Spiritual relationship with God...Satisfy forever!

~From within: Regardless of circumstances

~From Above: Spiritual

~Sufficient: Never thirst again

~Overflowing: Keeps on flowing!

**CONCL:** How Full is your cup tonight? Can you saw with David... "MY cup overflows"

- Do you KNOW Him...Have You come to Him for spiritual fulfillment

- Are you maintaining your relationship...being filled?

- Problem: We leak! Fire prevention system (12 or 15 thousand gallon tank!)

Find it by Coming to Him:

Never have...love to talk with you about that

Find it by asking Him:

Simple prayer: Fill my life Lord Jesus

Find it by drawing from Him:

Staying in relationship: Worship, BS, Prayer, Ministry

How Full Is Your Cup?

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