

The Twenty Third Psalm
(Study # 10)

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Introduction

1. Verse 5: "My cup runneth over."

2. Already, in verse 5:
 - (1) The prepared table.
 - (2) The anointed head.

3. In this study:
 - (1) "My cup runneth over."
 - (2) The overflowing cup.

4. Biblical cups:
 - (1) Pharoah's cup. (Gen. 40:11)
 - (2) Joseph's cup. (Gen. 44:2)
 - (3) The cup of the wicked. (Psa. 73:10)
 - (4) The cup of God's hand. (Psa. 75:8)
 - (5) The cup of salvation. (Psa. 116:13)
 - (6) The cup of God's fury. (Isa. 51:17)
 - (7) The cup of trembling. (Isa. 51:17)
 - (8) The cup of consolation. (Jer. 16:7)
 - (9) The cup of astonishment. (Ezk. 23:33)
 - (10) The cup of desolation. (Ezk. 23:33)
 - (11) The cup of Samaria. (Ezk. 23:33)
 - (12) The cup of God's right hand. (Hab. 2:16)
 - (13) The cup of cold water. (Mat. 10:42)

- (14) The cup of the Lord's supper. (Mat. 26:27)
- (15) The cup of Christ's suffering. (Mat. 26:39)
- (16) The cup of the New Testament. (Lk. 22:20)
- (17) The cup of blessing. (I Cor. 10:16)
- (18) The cup of devils. (I Cor. 10:21)
- (19) The cup of God's indignation. (Rev. 14:10)
- (20) The cup of God's fierceness. (Rev. 16:19)
- (21) The cup of God's wrath. (Rev. 16:19)

4. The backdrops:

- (1) These biblical cups form the backdrop for David's immortal words: "My cup runneth over."
- (2) David's immortal words form the backdrop against which countless hordes of homeward-bound pilgrims have expressed the results of their spirit-filled minds, hearts and souls: "My cup runneth over."

5. In this study: The glory of the glad hour when our cups overflow.

I. The History Of The Cup

- 1. Again, recall David's triumphant words: "My cup runneth over."
- 2. For us, the cup is:
 - (1) A cup of forgiveness, salvation and eternal life.
 - (2) A cup of love, peace, joy and blessings.
- 3. For Jesus, the cup was:
 - (1) A cup of sorrow, suffering, agony and death.
 - (2) Remember how he prayed: "If it be possible, let this cup

pass from me." (Mat. 26:39)

- (3) Remember how "His sweat was as great drops of blood falling down to the ground." (Lk. 22:44)

4. Remember:

- (1) The cup of salvation.
- (2) The cup of blessing.
- (3) The cup of consolation.
- (4) The cup of cold water.
- (5) The cup of the Lord's supper.

5. Also remember:

- (1) The cup of God's fury.
- (2) The cup of God's wrath.
- (3) The cup of devils.
- (4) The cup of trembling.
- (5) The cup of Christ's suffering.

6. All of these bitter and frightening cups could have deservedly been ours to drink.

7. Exodus 32:20

- (1) The story of the golden calf:
- (2) Moses burned the calf-idol, ground it to powder, tossed the ashes on the water and made the people drink them.
- (3) The children of Israel were forced to drink the bitter dregs of their own sin.

8. The great question:

- (1) How did we escape?
- (2) Why were we not forced to drink the bitter dregs of our own sin?

9. The singular answer:

- (1) Because Christ, on the cross, took all of our cups out of our hands and drank them dry of every bitter dreg.
- (2) Then, he returned the cups to our hands; filled with love, forgiveness and eternal life.

10. John 18:10-11

- (1) Thursday night in the garden of Gethsemane, about 12 hours before they hanged Christ on the cross.
- (2) Peter struck Malchus with his sword, and cut off his ear.
- (3) Jesus said to Peter: "Put up thy sword; the cup which my father hath given me, I will drink it."

11. Hebrews 2:9

- (1) "Jesus . . . tasted death for every man."
- (2) It was as though the entire human race stood in a long line, with each one holding a cup of cyanide in their hands.
- (3) Then Jesus came and took every cup from every hand and drank them all dry of their sin, condemnation and eternal death.

12. Because Jesus:

- (1) Was condemned, we are forgiven.
- (2) Was forsaken, we are never alone.
- (3) Sorrowed, we have joy.
- (4) Suffered, we have peace.
- (5) Died, we live.

13. It was with such an awful price that our overflowing cups were purchased.

III. The Ingredients Of Our Cup

1. An examination of our cup will reveal the ingredients of:

2. Salvation:

- (1) God has removed our sins from us, "As far as the east is from the west." (Psa. 103:12)
- (2) Jesus "nailed" our sins to his cross. (Col. 2:14)
- (3) "For by grace are you saved through faith, and that not of yourselves; it is the gift of God." (Eph. 2:8)
- (4) The record of our salvation is written down in the Lamb's book of life. (Rev. 22:19)
- (5) Saved! Saved! Saved!

3. Health:

- (1) Most of us are far more healthy than our constant complaining would indicate.
- (2) Billionaires, in the final throes of sickness and death, would gladly give their total fortune for the quality of health that we possess.

- (3) Health affects everything that we do, including our faith.
- (4) Walk slowly down the corridors of human suffering all around you, and then fall on your knees and thank God for your health.

4. Friends:

- (1) I do not have, and will never have, great wealth.
- (2) But I am fabulously rich in friends.
- (3) Friends whose presence lightens the darkest days, eases the heaviest burdens and consoles the deepest sorrows and hours of loneliness.

5. Family and home:

- (1) Many of us have never owned or lived in an elaborate home.
- (2) But, compared to the comforts of countless homes around our world, most of us live in mansions.
- (3) The Greek Stoics disciplined themselves to deny and scorn the joys of home, family and comfort.
- (4) But most of us know that one of the greatest blessings of life is a family and home where love, understanding and comfort reign.
- (5) On any day in the outside world, few things that happen to us are of serious consequence if at the close of day we can cross the threshold of a home that is occupied by love, understanding and comfort.

6. Treasures for our mind:

- (1) Buried in the histories of the ancient and modern world.
- (2) Captured in the works of the world's great prophets, poets and philosophers.
- (3) Printed in the world's great books.
- (4) Preserved in the world's great libraries.

- (5) Pondered in the offices and studies of the world's great scholars.
- (6) Propounded in the classrooms of the world's great universities.
- (7) Displayed on the walls of the world's great art museums.
- (8) Sounded in the tones and timbres of the world's great music.
- (9) Stabilized in the canopy of God's heaven; in the constancy of the sun, moon, stars and planets.
- (10) Revealed in the wonder, glory and beauty of nature.
- (11) Demonstrated in flowers, forest glades, soft sunrises, flaming sunsets, and the singing of birds.
- (12) Embedded in the mind-boggling discoveries and products of modern technology.
- (13) Flung out on the sands of time as driftwood on a rock-bound beach.

7. Memories of the past:

- (1) The Bethel ladders under which we have dreamed.
(Gen. 28:10-16)
- (2) The burning bushes by which we have stood. (Exo. 3:1-6)
- (3) The walls of Jericho which we have seen fall. (Josh. 6:1-20)
- (4) The fiery furnaces from which God has delivered us.
(Dan. 3:16-27)
- (5) The Damascus roads which we have walked down.
(Acts 9:1-6)
- (6) The Macedonian calls which we have helped to answer.
(Acts 16:6-12)
- (7) The Great Commissions which we have seen obeyed.
(Mat. 28:18-20)

8. Hopes for the future:

- (1) That we may yet have more time to spend with family, loved ones, and friends.

- (2) To have time to worship, sing, pray, serve, study and meditate.
 - (3) To have time to express thanksgiving, praise and blessings to God.
 - (4) To have knowledge of, and the strength to do, the will of God.
 - (5) To see the kingdom of God, and the church, enlarged and strengthened.
 - (6) To live the remainder of life in a manner that would please and honor God.
 - (7) To die a death that would please and honor God.
9. It must be that God so often and so abundantly overflows our cups in order to satisfy his insatiable passion for giving.
10. A forgotten poet put it this way:

"God's love has no limit,
His peace has no ending,
His grace has no boundary
Known unto men.
For out of his infinite riches in Jesus
He giveth, and giveth, and giveth again."

III. The Overflowing Cup

1. With David, we often thankfully exclaim: "My cup runneth over!"
2. "Runneth" is also translated as:
 - (1) "To bathe, make clean."
 - (2) "To slake thirst."
 - (3) To satisfy hunger."

3. The certainty of overflow:

- (1) It is not that it "may" overflow, or that it "might" overflow.
- (2) The promise is absolute and sure: It shall overflow!

4. The overflow:

- (1) Festive moments of gladness eventually come to the saddest hearts and the weariest souls.
- (2) In God's divine economy, our crushing burdens shall one day be lifted, and joy will abound.
- (3) Our cup may long seem to be empty, but one day it will overflow.
- (4) We cannot fully understand or explain why our overflowing experiences come to us.
- (5) But we know that they put a new song on our lips, a new hope in our hearts, and a deep thanksgiving in our souls.

5. In God's own time:

- (1) The robe will be the best robe.
- (2) The ring will encircle our finger.
- (3) The shoes will embrace our feet.
- (4) The calf will be the fatted calf.
- (5) The joy will be abounding.
- (6) The grace will be abundant.
- (7) The gift will be unspeakable.
- (8) The peace will pass understanding.
- (9) The Father's arms will be around us.
- (10) Our cup will overflow!

6. James 1:5

- (1) "God giveth to all men liberally, and upbraideth not."
- (2) God does not complain, censure or criticize us with the rancor and beratings of an angry father upbraiding his teen-age son who has just wrecked the family's new Cadillac.

7. Psalm 65:9-13

- (1) In this psalm, David sings of God's overflowing cup in nature, as well as in his own heart.
- (2) "Thou visiteth the earth with soft showers, and watereth the pastures of the wilderness."
- (3) "The little dry hills become covered with flocks, and sing and shout with joy on every side."

8. Memorable statements and promises:

- (1) David: "My cup runneth over."
- (2) Jesus: "Give and it shall be given unto you; good measure, pressed down, shaken together, and running over." (Lk. 6:38)
- (3) Paul: "I was caught up to paradise, and heard unspeakable words which it is not lawful for me to utter." (II Cor. 12:4)
- (4) God: In response to Paul's threefold beseeching, God said: "My grace is sufficient for thee." (II Cor. 12:9)
- (5) Old John Welch, of Scotland: "O Lord, stay thy hand! It is enough! Thy servant is a vessel of clay, and can stand no more!"

9. The purpose of the overflow:

- (1) In the mind and heart of God, there is a purpose for every blessing.
 - (2) There is a divine purpose for every overflowing cup.
 - (3) The overflow of our cups must drop into the empty cups of the masses of people around us.
10. The only hope for the hurting masses of our world is that the overflow of our cups shall run out to them.

Conclusion

1. "My cup runneth over."
2. "This do in remembrance of me." (Luke 22:19)



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