



Title: A Filled Cup

Pastor: Jan Kruger

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Time: 9:00am

2 Samuel 6:5 David and all Israel were celebrating with all their might before the LORD, with castanets, harps, lyres, timbrels, sistrums and cymbals.”

DEUTERONOMY 28:6 “Blessed shall you be when you come in, and blessed shall you be when you go out.”

Psalms 46:10-11 “Let go of your concerns! Then you will know that I am God. I rule the nations. I rule the earth. The LORD of Armies is with us. The God of Jacob is our stronghold.”

Philippians 4:6-7 “Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.”

Hebrews 12:1-3 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ²fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

Proverbs 4:25-27 “Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil.”

1 Thessalonians 5:23 “Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ.”

HABBAKKUK 2:2-3 “Then the LORD replied: “Write down the revelation and make it plain on tablets so that a herald may run with it. For the revelation awaits an appointed time; it speaks of the end and will not prove false. Though it linger, wait for it; it will certainly come and will not delay.”

The Container

1 Corinthians 6:19 “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own.”

ACTS 13:52 And the disciples were continually filled with joy and with the Holy Spirit.”

ACTS 6:3 "Therefore, brethren, select from among you seven men of good reputation, full of the Spirit and of wisdom, whom we may put in charge of this task.”

The Golf Balls

Galatians 5:19-21The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like.”

The stones/gravel

Matthew 6:25-34

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? “And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin.”

The Sand – Stolen joy

NEHEMIA 8:10We are called to be joyous:“May the joy of the Lord be your strength today and every day!” but often we lack true joy?

Four Reasons For a Lack of Joy

1. Lack of Communion with God

2 Corinthians 5:20

We are therefore Christ’s ambassadors, as though God were making his appeal through us. We implore you on Christ’s behalf: Be reconciled to God.”

Four Reasons For a Lack of Joy

2. We’re in a Time of Testing

Deuteronomy 29:29 “The secret things belong to the Lord our God, but the things revealed belong to us and to our children forever, that we may follow all the words of this law.”

Four Reasons For a Lack of Joy

3. We do not Repent of Sin

Luke 13:3 “Unless you repent you will all likewise perish.”

4. We're burned out

Matthew 6: 27 Can all your worries add a single moment to your life? And why worry about your clothing?

The Water

Psalms 38:4 “I am drowning in the flood of my sins; they are a burden too heavy to bear.”

Practical Exercise 1

- Verbalising longing/wishes/hopes;
- Intercede for one another/others
- Speak a blessing/Quote scripture

1 Thessalonians 5:20-21 “Do not treat prophecies with contempt. Test everything. Hold on to the good.”

Practical Exercise 2

- Pursue God's promises in the spiritual gift of prophesy:

Corinthians 14: 3-5 “But the one who prophesies speaks to people for their strengthening, encouraging and comfort.

Anyone who speaks in a tongue edifies themselves, but the one who prophesies edifies the church.

I would like every one of you to speak in tongues, but I would rather have you prophesy. The one who prophesies is greater than the one who speaks in tongues, unless someone interprets, so that the church may be edified.

CLOSING

Psalm 23 “The Lord is my shepherd, I lack nothing.² He makes me lie down in green pastures, he leads me beside quiet waters, ³he refreshes my soul. He guides me along the right paths for his name’s sake.⁴Even though I walk through the darkest valley I will fear no evil, for you are with me; your rod and your staff, they comfort me. ⁵You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. ⁶Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.