

PSALM 23

My Cup Overflows

Sermon-Based Study Guide
Good Shepherd Presbyterian Church

Psalm 23.5b | August 23, 2020

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I. Introduction to this Study

This week we continue our summer series on Psalm 23, looking at the phrase, "My cup overflows". As we dive in this week, may God's cup of blessings be evident in your life and those around you.

II. Connecting with One Another

Share about a time that you have experienced an overflowing cup of joy. When was a time you felt you were drinking a cup of sorrow?

III. Study the Text

- a. As we get to this passage in Psalm 23, it is important to continue to consider whether this metaphor shifts from talking of food and drink for animals, to now food and drink for people in these couple verses.

Nevertheless, as Pastor Bryan discussed a few weeks ago, these couple verses offer rich understanding if contemplated through the lens of hospitality.

- b. We are God's guests, at His table, where he offers a cup overflowing.
- c. Let's turn our attention to the cup that Jesus drank on our behalf. Read **Matthew 26: 26-28**.

Jesus tells us that the cup, which we now celebrate when we partake in communion, is a reminder of the covenant God has made with us to forgive our sins when we confess that Jesus is our Lord and Savior. We so long for the day where we can be reunited as a family of faith, and join one another at the communion table that the Lord has prepared.

- d. Right after this meal with his disciples, Jesus takes them to the garden of Gethsemane to pray. Jesus knows what is going to happen next - that he will be betrayed, beaten, cursed, and will be crucified - and yet, we get insider knowledge of his thoughts, prayers and feelings right before that.

Read **Matthew 26: 36-45**.

- e. We hear Jesus pray, "Let this cup pass from me, nevertheless, not as I will, but as you will".



Has there been a time in your life when you pleaded with God, asking that same question?

Maybe you are in that season right now, how does Jesus comfort you as he spoke the same words you are praying right now?

- f. Jesus prays two more times, submitting himself to the cup God had set before him.

Reread **Matthew 40-44**.

Jesus prays two more times, submitting himself to the cup God had set before him.

Jesus re-emphasizes that he will drink the cup of His father's will. Has there been a time in your life where you can relate? A time where things were very difficult, and yet you knew God was with you and that gave you the strength to follow and trust Him?

- g. Let's circle back to the phrase we are leaning into this week in Psalm 23, "My cup overflows".
- h. Henri Nouwen, in his book, "*Can you Drink the Cup?*", brings clarity to the cup stating that we first must *hold* the cup - we then must *lift* the cup, and then we get to *drink* the cup.

To hold the cup: Be honest with what is going on in your life right now. What are the good things? The hard things? Take a real assessment to what your cup is like.

To lift the cup: Think of this as offering a "cheers" at the dinner table. Affirm and celebrate life together in community. Share with those around you whether your cup feels like a cup of sorrow or a cup of joy right now.

To drink the cup: Remind yourself and each other that "This is my life", this is where God has me, with all its sorrows and joys, and take comfort as Jesus did, "Not as I will, but as you will".

- i. Jesus, our Good Shepherd, is well acquainted with the cup of sorrow, but also the cup of joy. May we feel God's presence with us as we know God's ultimate plan for us is to drink the cup of Salvation. Read **1 Corinthians 15: 50-58**.

IV. Pray

- a. Take some time, to sit with God in prayer, asking him to reveal what is in your cup. Pray that God would give you the courage and endurance to hold, lift, and drink that cup.
- b. Continue to be in prayer for the ongoing threat of COVID-19, that God's wisdom would be sought and relied upon.

