

Sermon Notes
Good News Church
"The Shepherd & Our Stories"
Psalm 23:5 – My Cup Overflows
Drue Warner
8-10-25

INTRODUCTION – Sermon, Song & Sacrament

The 23rd Psalm

1 The Lord is my shepherd, I shall not want.

2 He makes me lie down in green pastures; He leads me beside quiet waters.

3 He restores my soul; He guides me in the paths of righteousness

For His name's sake.

*4 Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me;
Your rod and Your staff, they comfort me.*

5 You prepare a table before me in the presence of my enemies; You have anointed my head with oil; My cup overflows.

*6 Surely goodness and mercy (lovingkindness) will follow me all the days of my life,
And I will dwell in the house of the Lord forever.*

**Psalm 23:5 – “You prepare a table before me in the presence of my enemies;
You have anointed my head with oil; My cup overflows.”**

Context

Per last week, David spent 10-13 years running for his life from King Saul and his army of soldiers. Almost all of the Psalms 1-22 are of David crying out to God for help and rescue in his distress. David was forced to hide in caves (1 Samuel 22), forests, wilderness, fields, mountains, and valleys (1 Samuel 23).

You prepare a table before me...

A table symbolizes relationship.

In spite of all of David's running for his life, He knew and experienced the goodness of God, and that in spite of his circumstances, God was with him, God for him, and God loved him.

The Kingdom of God is depicted all the way through the Bible as a feast (Isaiah 25; Matthew 22:1–14; Luke 13:29–30; Revelation 19:9; 21:2–4). It's an amazing thing that God invites us (broken, sinful, rebellious people) to His Table!

There was A LOT of preparation needed to be done, in order that we might sit at the King's Table.

Table Etiquette - requirements to sit at God's Table.

1. **Righteousness** – our seat was purchased.
2. **Brokenness** – acknowledging our need of “help from above.”
3. **Repentance** – *“The Table is for sinners, but it is not for unrepentant sinners.”*
4. **Purchase** – a willingness to receive the gift that has been purchased for us.

in the presence of my enemies;

1. RESTRAINED

LION VIDEO

“David imagines himself sitting at the Lord’s banquet table while his adversaries gather all around. Being in God’s presence rejuvenated David, giving him the strength to face all the challenges and pressures of life. His enemies could snarl and roar all they wanted, but in the shelter of God’s presence, David would feast and be refreshed.”

– GotQuestions.org

2. UNRESTRAINED (Lawrence)

Persecution broke out under the Emperor Valerian in around the year AD 250. Lawrence was a deacon in charge of the finances of the church. As Christians would give to the church, Lawrence would distribute what was given to the poor.

Valerian ordered that the Pope, all bishops, priests and deacons to be arrested and executed.

Valerian arrested the Pope and all seven deacons who were with him. He had them all executed, except for Lawrence, because he hoped that Lawrence would show him where all the church’s treasures were located. Lawrence asked for three days to gather it into one central place. He brought together the blind, poor, disabled, sick, elderly, widows and orphans. When Valerian arrived, Lawrence flung open the doors and said, ‘These are the treasures of the church!’

Valerian was so angry that he decided beheading was not terrifying enough for Lawrence. Valerian told Lawrence, *“Your death will be more bitter as it will be slower. You will die by inches,”* and he prepared a gridiron with hot coals that had burned down to a low heat. Valerian then had Lawrence chained to the gridiron where he would be roasted alive. That is how Lawrence died on 10 August AD 258.

Those present perceived Lawrence to have an *“amazing and perfect peace of soul. His face was calm and serene, as if he was not being persecuted at all.”* Apparently, Lawrence even joked with his executioners, *“You may turn me over. I’m done on this side.”* His courage made such an impression that the revival in Rome only increased, with many people becoming Christians including several senators who witnessed his execution.

The Table that God prepares for us enables us to experience a supernatural peace that comes from the presence of Christ, regardless of life’s circumstances and the presence of our enemies (restrained or unrestrained).

“You will keep in perfect peace those whose minds are stayed upon you, because they trust in you. Trust in the Lord forever, for the Lord, the Lord himself, is the Rock eternal.” – Isaiah 26:3-4

At the Last Supper, Jesus prepared a Table in the presence of His enemies.

- Judas – betrayal
- the disciples – abandonment
- us – rebellious sinners

Jesus prepared the Table by enduring the cross.

“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. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.” – Hebrews 12:2b-3

CONFESSION

“My heart is an unexhausted fountain of sin, a river of corruption, flowing on in every pattern of behavior.” - Valley of Vision (“Grace in Trials,” pg. 171)

Anger, Bitterness, Dishonesty, Disobedience, Drunkenness, Fault-finding, Fear, Gossip, Greed, Hard-heartedness, Hypocrisy, Idolatry, Impatience, Laziness, Lust, Over-indulgence, Pride, Resentfulness, Selfishness, Sexual Sin, Slander, Stinginess, Unbelief, Unforgiveness, Unkindness, Unloving, Unmerciful, Worry

ASSURANCE OF PARDON

“I am he who blots out your transgressions, for my own sake, and remembers your sins no more.” - Isaiah 43:25

SONG (Psalm 23) by Chad Garrett

THE BREAD

And he took bread, gave thanks and broke it, and gave it to them, saying, “This is my body given for you; do this in remembrance of me.” – Luke 22:19

You have anointed my head with oil;

David was beyond amazed that God would choose him and, even more, anoint him as King of Israel. After God declared that his throne would be established forever, *“King David went in and sat before the Lord, and he said: “Who am I, Lord God, and what is my family, that you have brought me this far?” – 1 Chronicles 17:16*

Before the song was ever written, David was experiencing God’s “Amazing Grace.”

Oil represents joy and gladness of heart.

Through Jesus, God has invited us to enter into His joy... *“that my joy may be in you and that your joy may be complete.” – John 15:11*

My cup overflows.

Our natural disposition is complaint and discontent, which is why it is so important to stop and remember. (**Grumbling & Complaining vs. Gratitude & Appreciation**)

Charles H. Spurgeon (from “The Overflowing Cup” Sermon #874, June 6, 1869)

“You have a cup. Remember you were once wandering in a dry and thirsty land, where no water was. Hungry and thirsty, your soul fainted within you. You hastened to the broken cisterns, but they held no water. The wells of pleasure were empty, and you were in a parched land, where hope smiled not. Your former delights proved to be but a mirage, fair to look upon, but unsubstantial as a dream.

Do you remember when Christ said to you, “Behold, I freely give Living Water, thirsty one, Stoop down, and drink, and live”? Oh, what a change for you! You thirst no longer, for within your soul Jesus has an ever-springing well of living water. You believe in Him, and all the cravings of your nature are supplied. Think of the full cup which Jesus holds to your lips. Contrast it with your former poverty when you were ready to perish in despair and rejoice this morning that you have a royal cup to drink of which will never fail you.”

GRATITUDE

Acceptance, Adoption, Breath, Compassion, Family, Forgiveness, Freedom, Friendship, Health, Healing, Joy, Grace, Life, Love, Mercy, Peace, Protection, Provision, Redemption, Restoration, Salvation

Our cup overflows, but the cup we drink from is a cup of blessing (1 Corinthians 10:16), all because Jesus was willing to drink from the cup of God’s wrath (Psalm 75:8), and He drank it “to the dregs.” (Jeremiah 25:15)

SONG – “Hallelujah, What a Savior!”

THE CUP

In the same way, after the supper he took the cup, saying, “This cup is the new covenant in my blood, which is poured out for you.” - Luke 22:20

SEATED, ANOINTED & OVERFLOWING

Seated at God’s Table in the presence of his enemies, with his head **anointed** and his cup **overflowing**, David spoke what might be the equivalent to the apostle Paul’s declaration in **Romans 8:31–39**: *“If God is for us, who can be against us? . . . Who will bring any charge against those whom God has chosen? . . . Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? . . . No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life . . . neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”*

And THAT’S Good News!