

FILL MY CUP

-Ryan Parsons-

Paul prays a beautiful prayer over the Ephesian church. His hope for them is that their hearts and lives would be full.

Ephesians 3:16-19

16 that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, 18 may have strength to comprehend with all the saints what is the breadth and length and height and depth, 19 and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

We occasionally sing the song “Oh Fill My Cup, Let it Overflow.” I love that song. I often think of it when people say, “My heart is full!” But, when you hear it, have you ever wondered, “Full of what?”

Hopefully, it is something better than what Jesus described in the Pharisees.

Matthew 23:25

“Woe to you, scribes and Pharisees, hypocrites! For you clean the outside of the cup and the plate, but inside they are full of greed and self-indulgence.

Of course, it's better! Because it's all about the one who fills. If we fill it ourselves, the outcome is not favorable. But, if we yield our hearts to God, there isn't a shortage. Psalm 23 talks about the Lord who doesn't just fill our cups half full.

Psalm 23:5

You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

Moreover, that complete fullness is premium quality. Paul describes its value as “...immeasurable riches of his grace in kindness toward us in Christ Jesus” (Ephesians 2:7).

Nothing reminded me more of this than this song I recently discovered.

*Like the woman at the well, I was seeking
For things that could not satisfy.
And then I heard my Savior speaking—
“Draw from My well that never shall run dry.”
Fill my cup, Lord;
I lift it up Lord;
Come and quench this thirsting of my soul.
Bread of Heaven, feed me till I want no more.
Fill my cup, fill it up and make me whole.*

Oh Lord, please fill my cup!

Hesed,
Ryan