

Faith Forward: Victory Through Tithes and Offerings

How To Cause Your Cup to Overflow: Try God!

Introduction: The Desire for Overflow

Blessings—who doesn't desire them? Life comes with ebbs and flows, seasons of increase and seasons of testing. Yet Scripture consistently teaches that there is a way to live in alignment with the God who is the source of every good and perfect gift (*James 1:17*). Life may be likened to a cup: when we partake of something pleasurable, we prefer it filled to the brim. Many believers, however, live with cups that are half-full—or nearly empty—never experiencing the fullness God intends. Consider this analogy. Coffee lovers of old would never drink without a saucer, because the overflow was just as tasty, and cooled just enough to enjoy without the danger of being burned. God's overflow is a wonderful expression of how full your cup is.

The psalmist declares with confidence, “*Thou anointest my head with oil; my cup runneth over*” (*Psalm 23:5*). This statement is not rooted merely in material prosperity, but in the abiding goodness, presence, and provision of God. Overflow speaks of sufficiency that exceeds need—so much so that it blesses others. This study explores how Scripture teaches us to position our lives to experience God's abundance and overflow.

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Overflow Begins With God's Nature

Before overflow can be experienced, it must be understood. Overflow begins with who God is, not with what we do. Scripture consistently presents God as El Shaddai—the All-Sufficient One—whose resources are limitless and whose generosity is intentional.

God never operates from scarcity. Shortage is a human condition, not a divine one. When believers view God through a lens of lack, they unconsciously limit their expectation of His provision. However, when God reveals Himself as Owner, Provider, and Sustainer, faith expands and capacity increases.

- **Psalm 50:10–12** reminds us that God owns everything; therefore, nothing He gives diminishes Him.
- **Ephesians 3:20** assures us that God's ability exceeds human imagination.
- **Romans 8:32** anchors overflow in the gift of Christ—if God has given His Son, He will not withhold what is necessary for life and godliness.

Overflow, then, is not excess—it is God expressing His nature through provision, presence, and power in the life of the believer. The ideal of one's cup overflowing is not necessarily one of prosperity, but of God's goodness and giving. Plenty and prosperity are of God, fully and wholly, for the bible says it is Deut. 8:18 *But thou shalt remember the LORD thy God: for it is he that giveth thee power to get wealth, that he may establish his covenant which he sware unto thy fathers, as it is this day.*” Which lends itself to the posterity of and for our generation. The

wealth of God has to command itself toward us, for no matter what straining we do toward the Lord, if he lend it not, then the fulness of the cup will never be attained.¹

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Obedience Positions Us for Overflow

Deuteronomy 28:1–14 is one of the clearest biblical outlines of how obedience aligns the believer with God's overflow. The blessings described are comprehensive—spiritual, familial, vocational, societal, and generational. They reveal that overflow is not accidental; it is commanded by God when His people walk in covenant obedience.

“And all these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of the Lord thy God.” (Deuteronomy 28:2)

1. Blessings That Overtake (Deut. 28:2)

The imagery is powerful: blessings pursue and overtake the obedient believer. This suggests momentum—God's goodness catching up with us as we walk in His ways. Adam Clarke notes that blessings meet us at every stage of life, arriving precisely when and where they are needed most.

- **Psalm 84:11** – No good thing does He withhold from those who walk uprightly.
- **Isaiah 48:17–18** – Obedience brings peace like a river.

2. Blessings in Every Sphere of Life (Deut. 28:3–6)

God promises blessing in: - The city and the field (public and private life) - The fruit of the body (children and legacy) - Labor, sustenance, travel, and daily provision

These verses show that overflow is holistic. God's blessing touches every dimension of life, not merely finances.

- **Psalm 127:3–5** – Children are a heritage from the Lord.
- **Proverbs 16:3** – Commitment to the Lord establishes our work.

3. Victory Over Opposition (Deut. 28:7)

Overflow includes divine protection. Enemies may come united, but they leave scattered. God ensures that opposition does not consume the blessing He has released.

- **Romans 8:31** – If God be for us, who can be against us?
- **Exodus 14:14** – The Lord fights for His people.

4. A Commanded Blessing (Deut. 28:8)

“The Lord shall command the blessing upon thee...” This indicates intentional divine action. Overflow is not random—it is ordered by God.

- **Psalm 133:3** – The Lord commands the blessing where there is unity.
- **Haggai 2:8–9** – God controls glory and resources.

¹ Adam Clarke's Commentary on Deuteronomy 28:1-14.

5. Established as a Holy People (Deut. 28:9–10)

The greatest blessing is holiness and identity. God's overflow includes being visibly set apart, causing others to recognize His hand upon our lives.

- **1 Peter 2:9** – A chosen generation and holy nation.
- **Matthew 5:16** – Good works glorify the Father.

6. God's Good Treasure Opened (Deut. 28:11–12)

God promises abundance through His "good treasure"—the heavens. Provision flows from divine timing and divine supply, not human strain.

- **Philippians 4:19** – God supplies all our need according to His riches.
- **Psalm 65:9–13** – God crowns the year with goodness.

7. Staying the Course (Deut. 28:13–14)

Overflow requires consistency. The blessing flows as long as the believer remains aligned, refusing to turn aside.

- **Galatians 6:9** – Do not grow weary in well-doing.
- **Hebrews 10:36** – Endurance is required to receive the promise.

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Faith Unlocks Abundance

Faith is the spiritual mechanism through which overflow is received. While obedience positions us, faith activates our trust in God's promises. Faith does not manipulate God; it agrees with Him.

Biblical faith is confident expectation rooted in God's character. It believes God before seeing evidence and rests in His Word despite circumstances. Overflow often arrives where faith has already made room.

- **Malachi 3:10** illustrates faith tested through obedience and trust, resulting in opened windows of heaven.
- **Mark 11:22–24** teaches that faith speaks, believes, and receives.
- **Hebrews 11:6** makes clear that faith is required to please God and access His reward.

Faith enlarges the cup. Doubt shrinks it. Where faith is exercised, overflow finds space to flow.

Gratitude and Contentment Create Capacity

Overflow is sustained by gratitude. Thanksgiving guards the heart against entitlement and keeps the believer aware of God as the source. Contentment does not deny desire for more—it acknowledges God's faithfulness in the present.

Gratitude creates room for increase. Complaining restricts flow. Scripture shows that God entrusts more to those who steward well what they already have.

- **Philippians 4:11–13** reveals strength rooted in contentment across all seasons.

- **1 Thessalonians 5:18** teaches that thanksgiving aligns the believer with God's will.
- **Psalm 103:2–5** connects remembrance of God's benefits to renewal and satisfaction.

A grateful heart recognizes overflow not just in what God gives, but in who He is.

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God's Abundance Is Meant to Bless Others

Biblical overflow always moves outward. God does not fill the cup merely for display, but for distribution. Blessing that stops with the believer becomes stagnant; blessing that flows through the believer multiplies.

Scripture reveals a consistent pattern: God increases those who steward generosity well.

Overflow is evidence of trustworthiness.

- **Genesis 12:2–3** shows that Abraham's blessing was missional in nature.
- **2 Corinthians 9:8–11** teaches that God supplies abundance so believers may abound in good works.
- **Proverbs 11:25** confirms that generosity invites refreshment.

Overflow is not about accumulation—it is about participation in God's work through giving, service, and love.

Christ: The Ultimate Source of Overflow

All biblical overflow finds its fulfillment in Christ. Outside of Him, abundance is temporary; in Him, it is eternal. Jesus does not merely supply needs—He becomes the supply.

Christ's life, death, and resurrection open the way for believers to live from fullness rather than striving. Overflow is not something we chase; it is something we receive by abiding.

- **John 10:10** declares Christ's purpose: abundant life.
- **John 6:35** reveals Jesus as the Bread of Life who fully satisfies.
- **Colossians 2:9–10** affirms that believers are complete in Him.

When Christ fills the cup, overflow becomes inevitable.

Conclusion: Living With an Overflowing Cup

An overflowing cup is not defined by excess possessions, but by the fullness of God's presence, provision, peace, and purpose. As we walk in obedience, faith, gratitude, and generosity, we find ourselves overtaken by the goodness of God (Psalm 23:6).

May our lives testify that God is more than enough, and may our overflowing cups point others to the source of all blessing—our Lord and Savior, Jesus Christ.

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Bible Study Expansion Tools / Post Lesson Study Helps

1. Discussion Questions (Group or Personal Study)

Introduction & Foundation

1. What does an “overflowing cup” mean biblically, and how does it differ from worldly ideas of success?
2. Why do you think many believers live with a “half-full” cup spiritually?
3. How does Psalm 23:5 shape our understanding of God’s desire for His people?

Deuteronomy 28:1–14

4. What does it mean for blessings to “overtake” someone (v.2)? Have you seen this in your life or others?
5. Which areas of life listed in verses 3–6 stand out to you most, and why?
6. How does God’s promise of victory over enemies (v.7) relate to overflow?
7. What is the significance of God *commanding* the blessing (v.8)?
8. Why is holiness (vv.9–10) central to the overflow and not optional?
9. What does it mean to remain aligned and not turn aside (vv.13–14)?

Application

10. What practical steps can we take to stay positioned for God’s overflow?
11. How can overflow in your life bless others this week?

2. Leader’s Teaching Guide (Key Emphases)

Teaching Focus

- Overflow is covenantal, not accidental
- Blessings follow obedience, not entitlement
- God’s abundance touches every area of life

Key Teaching Cautions

- Overflow is not guaranteed absence of trials
- Prosperity without holiness leads to imbalance
- Blessing should never replace intimacy with God

Emphasize Often

- God is the source; obedience is the posture
- Overflow begins internally before it manifests externally
- Blessings are meant to glorify God and bless others

3. Participant Handout (Condensed Study Notes)

Key Scriptures

- Psalm 23:5–6
- Deuteronomy 28:1–14
- Luke 6:38
- John 10:10
- 2 Corinthians 9:8

Core Truths

- God desires fullness, not lack
- Obedience positions us for overflow
- Faith and gratitude enlarge capacity
- Overflow is designed to flow outward

Reflection

- One area where I need alignment: _____
- One promise from this study I will trust God for: _____
- One way I will bless others from my overflow: _____
