

HIGHLANDS SMALL GROUPS

MY CUP RUNS OVER

Big Idea

This week, Pastor Dino taught from Psalm 23 to help us navigate the uncertainty of today's world. The Lord is our Shepherd and is the only One who can lead us where we need to go. To get where we're going, God will lead us through the valley. The valley represents the battles we go through, but if we will keep our focus on our Shepherd, we'll get through to the other side. Next, the Lord takes us to His table, which represents belonging. God has prepared a place for us! Lastly, our Shepherd leads us to the cup, which represents a place of blessing. When God is our source and is in charge of our cup, He can fill it to overflowing - no matter what we're going through!

To live a life of overflow, we have to decide who we are going to be with what fills our cup. The miserable person has an empty cup, because they fill it with things other than God. God is more than enough and will never leave you empty. The minimalist person takes little "sips" of God and goes from one struggle to the next. God wants to walk you through the valley, not leave you in it. The pessimist person always sees their cup as half empty. We can live a FULL life, because God is good, all the time! The optimist person sees their cup as half full but wants to be in control. We will be filled when we give God power over our lives. The selfish person has a full cup but keeps it to themselves. A life without giving is truly empty. The blessed person allows God to be their source, and their cup runs over. Let's allow God to lead us through these times, so we can make a difference in the lives of others with our overflow!

Discussion Questions

- Do you feel like you are being "run over" by the uncertainty of today's world, or that your cup is running over? Why?
- Which cup best represents you? What steps do you need to take to become a blessed person, with a cup that overflows?
- What is your "go-to" scripture that has helped you during this time?

Prayer Focus

Jesus, thank you for being my Shepherd, so I will never have to walk through the valley alone. Thank you for having a place for me and for always filling my cup. I believe and declare that as long as my cup runs over, I will not be run over! Help me to use my overflow to make a difference in the lives of others!

Next Steps

This week, intentionally allow God to take the lead in your life by seeking Him in prayer and walking toward what He puts in front of you. As you see increase in your life, give freely to others, just as Jesus has given to you!

Leader Tip

Encourage your group by sharing ways God has filled your cup and allowed you to be a blessing to others.

