

## January 24-25, 2026 Discussion Guide

**Title:** Overflow

**Text:** *"You anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever."* (Psalm 23:5-6)

**Target:** The anointing of God on you was always intended to bless those around you.

**Discussion Questions:** Psalm 23 is often read or memorized in a form of comforting poetry, but this message is intended for us to look closely to verses 5–6 and really see the intentionality of a shepherd/King named David making the connection of what God does for us as our shepherd.

David speaks as a shepherd who understands oil, care, protection, and provision for His sheep and wants us to know that God does this for us too. In this passage, the anointing is not ceremonial for kings and priests or furniture for the temple to be consecrated unto serve. Actually, this oil of anointing is practical. The oil produces healing, and the healing leads to overflow, and overflow releases authority, and authority results in goodness and mercy actively pursuing the believer. WOW! How great is this... As a part of this psalm David reminds us that God does not anoint us for a moment, but for a mission, and what He pours on us is meant to flow through us.

1. When you hear the phrase "He anoints my head with oil," what have you traditionally thought it meant and how did today's message expand or challenge that understanding?
2. The sermon taught that God anoints for care, calling, and authority. Which of those do you feel you need most right now, and why?
3. David says, "My cup overflows."  
What do you think your "cup" represents in this season—your responsibility, your calling, or your capacity? How does that shape how you view overflow?
4. The message connected overflow to authority, not excess.  
How does that shift the way you think about the Holy Spirit's power operating in your daily life?
5. Goodness and mercy are described as pursuing us, not passively following behind.  
Can you share a moment when you recognized God's goodness or mercy "catching up" to you?
6. How does understanding that favor is the fusion of God's goodness and mercy change the way you respond to hardship, delay, or uncertainty?
7. What would it look like this week to live from overflow instead of striving, trusting that God has already poured out what you need for what He's called you to do?