

POURED OUT - FILLED TO OVERFLOW

Men's Breakfast - September 2026

PRIMARY SCRIPTURE - TITUS 3:5-6

"Not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit, whom He poured out on us abundantly through Jesus Christ our Saviour."

Key: God promised the outpouring; Christ is the source, & the life He gives is intended to flow through us.

1. THE PROMISE - GOD PROMISED IT Joel 2:28-29 | Acts 2:16-18

- Joel spoke to Judah in a time of devastation and spiritual warning. God called His people to return to Him, promised restoration, and then looked beyond their immediate crisis to something greater.
- *"I will pour out My Spirit on all flesh"* would have been astonishing in its breadth - sons and daughters, old and young, even servants. The promise was not scarcity, but abundance.
- At Pentecost, Peter declared: *"This is what was spoken by the prophet Joel."* God had kept His promise.

2. THE SOURCE - CHRIST POURED HIM OUT Acts 2:32-33 | Titus 3:4-6

- The outpouring flows from the finished and exalted work of Jesus: crucified -> raised -> exalted -> received the Promise from the Father -> poured out the Spirit.
- Titus 3 grounds it in mercy, not merit. The Holy Spirit is not a reward for impressive Christians. He brings new life and continuing renewal through Jesus Christ our Saviour.
- A Passover picture: Thanksgiving - *"I will bring you out."* Blessing - *"I will free you from being slaves."* Deliverance is joyful, but it came through judgment and at real cost.

3. THE OVERFLOW - WE LIVE IT OUT John 7:37-39 | Romans 5:3-5 | Galatians 5:22-23

- Jesus says, *"If anyone thirsts, let him come to Me and drink."* We are not the source. He is. We come to Christ and receive.
- Then Jesus says that from the believer will flow *"rivers of living water."* John tells us He was speaking concerning the Spirit.
- The Spirit's fullness becomes visible over time in endurance, holiness, love, obedience, hope, witness, and Christlike fruit.

KEY TAKEAWAY: God has poured out His Spirit abundantly through Jesus Christ our Saviour - not simply that we might be filled, but that the life of Christ might increasingly overflow through us.

KEY SCRIPTURES

- Joel 2:28-29
- Acts 2:16-18, 32-33
- Titus 3:4-6
- John 7:37-39
- Romans 5:3-5
- Galatians 5:22-23

QUESTIONS FOR REFLECTION

- Am I trying to produce in my own strength what I first need to receive from Christ?
- When life puts pressure on me, what tends to spill out?
- Which evidence of the Spirit's work most needs to grow in me right now?
- Who could experience more of Christ through my life this week?