

## SPONGES SOAK UP STUFF

April 7, 2017 Various texts by Bob Branch

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“For in Christ all the fullness of the Deity lives in bodily form, and in Christ you have been brought to fullness.” **Col. 2:9-10**

**BIG IDEA:** If we are like sponges, how does this work in life?

**Sponges soak up stuff.**

**Content:** What is filling the sponge?

**Proximity:** Absorbs whatever it's around, up against...

**Capacity:** It can only hold so much

**Output:** What comes out of a sponge reflects what's inside

“A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.” **Luke 6:45**

### 1. The PERSONAL Soak

“that you may be filled to the measure of all the fullness of God.” **Ephesians 3:19**

“Stop getting drunk with wine, which leads to wild living, but keep on being filled with the Spirit.” **Eph. 5:18** ISV

**God will fill you with** awe, joy, Spirit, good things, grace, praise, compassion, wonder, amazement, teaching, peace, hope, power, goodness, righteousness, inexpressible joy, light, truth, life, wisdom, understanding, faith, conviction, blessing, riches, God himself, assurance, trust, mercy, strength, comfort

**Q: How are we filling ourselves? Filled with what?**

### 2. The MISSIONAL Squeeze

“you will **receive power** when the Holy Spirit comes on you; and you will **be my witnesses** in Jerusalem, and in all Judea and Samaria, and to the ends of the earth... **All of them were filled with the Holy Spirit...**” **Acts 1:8; 2:4**

“When they finished praying, the place where they were meeting was shaken. They were all **filled** with the Holy Spirit and **began to proclaim** God's message with boldness.” **Acts 4:31** GNB

**Q: Where are you squeezing out what God is soaking in?**

### 3. The INFECTIOUS Absorb

“A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.” **Luke 6:45**

“Do not be deceived: “Bad company ruins good morals.” **1 Corinthians 15:33** ESV (2 Pet. 2:14)

**Dark filling:** jealousy, wickedness, evil, greed, depravity, murder, strife, deceit, malice, adultery, self-indulgence, everything unclean, hypocrisy, bitterness, sin, trickery, perversion, idols, cursing, meaningless talk, deception, fury, deadly poison, lawlessness, confusion,

*What is one positive step you can take this week to begin to fill yourself up with God's goodness?*

*Who are you squeezing out on?*

*What's infecting you that needs disconnecting from today?*