



Imagine a cup full of sweet tea. If that cup is shaken or tipped over, what's going to come out?



In the Bible, we read about people being **“filled”** with all sorts of things:

- **Mark 4:41** - the apostles were **“filled with great _____”** after a storm
- **Luke 6:11** - scribes and Pharisees were **“filled with _____”** when Jesus healed a man on the Sabbath
- **Matthew 23:25** - Jesus said some religious leaders were **“full of _____ and self-indulgence”**
- **Acts 5:17** - the high priest and Sadducees were **“filled with _____”** at the apostles
- **Acts 13:10** - Elymas was **“full of all _____”**
- **Romans 1:29** - Paul describes people who were **“filled with all manner of unrighteousness, evil, covetousness, malice ... full of envy, murder, strife, deceit, maliciousness.”**

Okay, so what? Why does it matter what I'm **“filled with”**? **Matthew 15:18-19** makes clear that when I'm shaken or stirred up or tipped over, what I'm filled with is going to come out.

This is one of the things that makes Jesus so special. What was he filled with? Listen to **John 1:14** and **1:16**.

And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of _____ and _____ ...
For from his fullness we have all received, grace upon grace.

For Class & Family Discussion:

- How do our hearts come to be **“filled with”** any of these things?
- Jesus was **“full of grace.”** Can you think of any examples from his life? **Luke 23:32-34** is a pretty big one.
- **John 1:14** tells us Jesus was also **“full of truth.”** What do you think that means?
 - Were the things Jesus said always easy to hear? Did people always *want* to hear more?
 - Notice what Jesus said in **John 8:31-32**. And by the time **John 8** is done, what had happened? Take a look at **John 8:58-59**...
 - So why would Jesus keep speaking words of truth to people who didn't always want to hear it? **Luke 5:31** might be worth a look here.
- We'll talk more about what all of this means for us next Sunday, but let's end with **Ephesians 4:15**. Does it matter whether or not **we** are full of grace *and* truth?