Be Filled: 5 Promises Poured into Us by God

by Nancy Lindgren

If you're like me, you are probably thinking, *If being a mentor means I'll be expected to teach or inspire other people, then I'm running the other way*. Maybe you've mentored before and it didn't go that great. Or perhaps mentoring hasn't been as easy as you thought it might be. Possibly, you've experienced more challenges than successes.

We can all feel like we're not doing enough or we're saying the wrong things—and that the ideas we have fall flat. Our strength doesn't hold up. Our wisdom doesn't run deep. We haven't seen much transformation in our mentee. The guilt can set in.

Let's take a closer look at the word *inspire*. It is derived from "in spirit." That means if we are filled with the Holy Spirit, then we can't help but be inspiring. What a relief! We must remember it's God's power at work within us, and He sees success differently than we do.

I'd summarize God's definition of success like this: **Fill up. Pour out.**

Thankfully, it's not up to us to force inspiration. It's up to God who lives in us to let it flow out of our lives. In one sentence, this would be the goal of mentoring: "to know Christ's love that surpasses knowledge, so that you may be filled with all the fullness of God" (Eph. 3:19). Wow! Aside from heaven, it's hard to even fathom what that kind of life would look like. Fullness of God means fullness of life, fullness of power, and fullness of freedom, peace, and joy. I want to live that kind of life, don't you?

There is something about the word *full* that intrigues me. It speaks of wholeness, reaching maturity, more than enough. It's the opposite of emptiness or being incomplete, which is characteristic of how many people are living today and can't seem to overcome. Is that truly what Jesus came to offer us? No! He came to offer us life, and not only life but life to the full. "I have come so that they may have life and have it in abundance" (John 10:10).

Fullness of life doesn't come from an easy life. We can go through really, really hard stuff and still live out fullness. We do that by dwelling with Him and abiding with Him. By choosing a life that's emptied of ourselves and full of God. That's where we find the rest, confidence, joy, peace, and hope that He came to give us. You know what I call that? *Personal revival.* An

awakening and rebirth in our souls and a renewed refreshing in our hearts. Doesn't that sound so appealing? A personal revival will rejuvenate our faith, stimulate new growth, and ignite our passion for God's greater purpose in our lives.

As we spend time with God, filling ourselves with His presence and power, letting His life pour into our lives, there will be a natural overflow into the lives of others around us. Our entire image of mentoring fits this idea—from our fullness in Jesus we pour into the lives of others.

God's promises are real. We are filled with the power of these five promises as we seek Him:

1. **Power**
   God's power works within us. When we are weak, He is strong (Eph. 3:20; 2 Cor. 12:9).

2. **Purpose**
   God will accomplish His purpose through us. God's purpose may be completely different than our purpose. His ways are so much higher than ours (Isa. 55:9; Jer. 29:11; Eph. 2:10).

3. **Presence**
   God will be with us, and that's the best promise we can have (Josh. 1:9; Isa. 7:14).

4. **Peace**
   We can have great peace in knowing the inspiration that comes through mentoring isn't about us (Isa. 26:3; John 14:27).

5. **Provision**
   He will provide just what is needed, whether it's an encouraging word, an answer to prayer, or the time to give (Matt. 6:33; Phil. 4:19).

If you look at the first letter in promise and the second letter in each of the other words, you see the word *pourer*—

Promise
p**O**wer
p**U**rpose
p**R**esence
p**E**ace
p**R**ovision

At first, I wasn't even sure if *pourer* was a word (it is!). But it was fascinating when I realized the flow of these words. God is the divine Pourer! His promises, power, purpose, presence, peace, and provision start with Him and come through Him. We simply let Him pour into our lives, our soul and spirit, and keep on pouring through us.

How do we go about being filled with God? Through reading His Word and prayer. So simple—yet powerful and transforming.

What is the role of a mentor? We fill up with Jesus and pour Him out to others. That pretty much says it all. Lives are supernaturally impacted through the divine work of the Holy Spirit through us. **How do we continue to stay filled? We come running to Jesus each day, emptying ourselves and asking Him to fill us up. He is the Living Water. He is the River of Life. He is the Overflow in our lives when we are filled with Him.**

What would it look like if we as the Church all said, "I will fill up with Jesus and pour Him out to whomever He puts in my path?" I expect there would be some major spikes in church attendance as people become inspired to experience more of Him.

You have Jesus in you and people need Him. Not more advice, opinions, or information. Stay in God's Word. Stay close to Him in prayer. Stay filled up. Inspiration will flow.

Excerpt adapted from *Mentoring Made Real* by Nancy Lindgren.